



Life Choices Curriculum Crosswalk 2023-2024

<p>Health Promotion</p>	<p>- HE 1.7 Analyze the potential susceptibility to and severity of injury or illness if engaging in unhealthy behaviors. Examples: possible consequences of driving under the influence, distracted driving, not taking required medications. a. Explain the progression of HIV and AIDS b. Explain the progression of Type II Diabetes</p>
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Analyzing Influences

- HE 2.1 Analyze the influence of external factors on health beliefs and behaviors. b. Examine how peers influence healthy and unhealthy behaviors. c. Critique the effect of media on personal family health. Examples: influence of media on teen body image, sexual activity, drugs, alcohol, violence, cyber-bullying

- HE 2.3 Analyze how the perceptions of norms influence healthy and unhealthy behaviors. Examples: addressing topics such as wearing safety equipment, teen pregnancy, drug abuse, suicide, cyber-bullying, weight management, potentially dangerous social media trends.

- HE 2.4 Critique the influence of personal values and beliefs on individual health practices and beliefs.

- HE 2.5 Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors. Examples: assessing the effects of driving under the influence, drinking alcohol which can lead to poor choices such as sexual behavior, poor nutrition, sedentary lifestyle.



Interpersonal Communication

- HE 4.1 Describe skills for communicating effectively with family, peers, and others to enhance health. Examples: active listening, friendliness, confidence, positive feedback, empathy, respect, understanding nonverbal cues, responsiveness.
- HE 4.2 Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.
- HE 4.3 Develop strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others. a. Identify warning signs of unhealthy relationships. b. Differentiate between negative and positive behaviors used in conflict situations.
- HE 4.4 Demonstrate how to ask for and offer assistance to enhance the health of self and others. Examples: accessing crisis hotlines for suicide, sexual and physical abuse, and human trafficking; community resource materials.

Decision-Making

- HE 5.2 Develop a thoughtful decision-making process in health-related situations. c. Demonstrate refusal skills and explain when to use them in high risk situations. Examples: saying no to sex, alcohol, and other drugs.
- HE 5.4 Analyze the benefits of practicing sexual abstinence. a. Identify the types, symptoms, and risks of sexually transmitted diseases (STDs). b. Assess the consequences of teen pregnancy. and offer assistance to enhance the health of self and others. Examples: accessing crisis hotlines for suicide, sexual and physical abuse, and human trafficking; community resource materials.



Goal- Setting	<p>- HE 6.2 Set long-term goals for achieving optimal health and implement short-term steps to reach the goals. Examples: assess current health and fitness status, develop plans based on assessment results, implement and monitor plans.</p>
Self- Management	<p>- HE 7.1 Analyze the role of individual responsibility for enhancing health.</p> <p>b. Identify negative behaviors that increase health risks to self and others. Examples: distracted driving, drinking and driving, illegal drug use, vaping, smoking, unprotected sex, behaviors.</p> <p>c. Compare and contrast the responsibilities of both parenting in teen parenting. Examples: shared responsibilities, social, financial, and educational challenges.</p>

