

Life Choices

Alabama Curriculum Crosswalk

Health Promotion

Anchor Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- HE 1.2: Describe the interrelationships of emotional, mental, physical, social, spiritual, and environmental health.
 - a. Identify symptoms and methods of treatment of mental health disorders, including depression, and stress.
 - b. Identify warning signs and prevention strategies for suicide.
- HE 1.6: Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.
 - a. Identify factors that impact nutritional choices. Examples: planning healthy meals, accessibility of healthy and unhealthy foods
- 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

Analyzing Influences

Anchor Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

- HE 2.1: Analyze the influence of external factors on health beliefs and behaviors.
 - a. Analyze how family, culture, school, and community influence the health practice and behaviors of individuals. Examples: explaining how holiday celebrations and traditions such as over indulgence in eating and consuming alcohol affect health behaviors; explaining how extra-curricular activities and schedules result in over-consumption of fast food
 - 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
 - d. Cite evidence of how public health policies and government regulations can influence health promotion and disease prevention.
- HE 2.2: Describe the pros and cons of the use of technology as it affects personal, family, and community health. Examples: positive and negative influences on self-esteem, addiction to technology, personal interactions and relationships
- 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.

Access to Information/Products/Services

Anchor Standard 3: Students will demonstrate the ability to access valid information, products, and services to enhance health.

- HE 3.1: Evaluate the accessibility and validity of health information, products, and services. Example: determining the credibility of resources both online and offline
- HE 3.3: Explain laws relating to child pornography, age of consent, and sexual exploitation. Examples: information concerning the laws prohibiting sexual abuse; the need to report sexual abuse and legal options available to victims; laws relating to sexting and child pornography
- HE 3.4: Explain current laws related to underage drinking, distracted driving, and driving under the influence.
- HE 3.5: Identify the necessity to seek help for mental and emotional health problems Examples: mood disorders, depression, anxiety and suicidal ideation;
 - a. Locate information on how to cope with and rebuff unwanted physical and verbal exploitation by other persons.

Interpersonal Communication

Anchor Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

- 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

Anchor Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

- HE 5.1: Examine barriers that can hinder healthy decision-making. Examples: peer pressure, cultural pressures, socio-economic status
- 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 5.3: Justify the appropriateness of individual vs. collaborative decision-making in various situations. Example: explaining when input from a health professional, counselor, or trusted adult would be helpful
- 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.
- HE 5.5: Recommend personal strategies to avoid violence or criminal activities.

Self- Management

Anchor Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- HE 7.1: Analyze the role of individual responsibility for enhancing health.
 - a. Describe healthy practices and behaviors that will maintain or improve the health of self and others. Examples: effective communication skills and safety techniques, reading and understanding medicine labels, immunizations, wellness checkups and compliance
 - 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.
 - c. Compare and contrast the responsibilities of both parenting in teen parenting. Examples: shared responsibilities, social, financial, and educational challenges.