

Alive & Well

6TH GRADE

Planning for a Bright Future



*Counseling Standards
Health And Wellness Standards
Family and Consumer Science Standards*

ALIVE & WELL

Helping Teens Make Healthy Choices

Alive & Well exists to partner with parents, educators and youth workers in order to equip young people with the skills they need to make healthy lifestyle choices.

Throughout the *Planning For a Bright Future* program, 6th grade students will learn about brain development, worldview, I-messages, their changing bodies, technology etiquette and safety, handling stress, and more! On the other side, you will find the state standards (Counseling Standards, Health & Wellness and Family & Consumer Science) that are covered in each lesson.

STANDARDS COVERED

C = Counseling Standards

H = Health and Wellness, F = Family and Consumer Science

Understanding Me:

Understanding Emotions, Conflict Management, Stress Management

C: 1A.1, 1A.2, 1B.1, 2A.1, 2A.2, 2A.3, 3A.1, 3A.2, 3A.3, 3B.2, 3C.1, 4C.1, 4C.2, 6A.3

H: 8.1.3, 8.1.5, 8.1.6, 8.2.1, 8.3.2, 8.3.3, 8.3.4, 8.3.5, 8.4.1, 8.4.3, 8.4.4, 8.4.6, 8.4.7, 8.4.8, 8.4.9, 8.7.4

F: 4.3.2

Understanding Others:

Worldview, Empathy, Active Listening, Communication, Respect

C: 3C.1, 4A.1, 4A.2, 4B.2, 4C.2, 5A.1, 5A.2, 5B.1, 5B.2, 6A.3, 6B.3, 7B.2, 7B.3

H: 8.1.3, 8.1.6, 8.2.1, 8.2.5, 8.2.7, 8.2.8, 8.4.1, 8.4.2, 8.4.3, 8.4.4, 8.4.7, 8.4.8, 8.4.9, 8.5.1, 8.5.2, 8.5.3

F: 1.1.1, 1.1.2, 1.1.4, 1.1.5, 4.3.1, 4.3.2, 4.4.2

My Place in This World:

Personal Mastery, Learning Through Failure, Strengths Finder, Self-esteem

C: 1B.2, 2A.3, 2B.1, 2C.1, 2C.2, 3C.1, 6A.3, 7A.1, 7A.2

F: 1.1.3, 5.1.2

*Goals & Maturity:

SMART Goals, Reflective vs Snap Decisions, Whole Person Health

C: 3C.1, 6A.2, 6B.1, 6B.2, 6B.4

H: 8.1.1, 8.1.2, 8.1.3, 8.1.4, 8.1.5, 8.1.7, 8.1.8, 8.2.4, 8.2.9, 8.5.3, 8.5.4, 8.5.5, 8.5.6, 8.7.5

F: 1.1.2, 1.1.6, 3.2.1, 4.4.1, 5.2.1, 5.2.2

*Friendship and Technology:

Mirror Neurons, Uniqueness, Internet Safety, Cyberbullying, Sexting

C: 2C.1, 3C.1, 5B.3, 6A.3, 6B.4

H: 8.1.1, 8.1.2, 8.1.3, 8.1.4, 8.1.5, 8.1.7, 8.1.8, 8.2.6, 8.4.4, 8.4.5, 8.4.8, 8.4.9, 8.5.6, 8.6.7, 8.7.4

F: 4.3.1, 5.6.2

*Puberty, Abstinence & Personal Health:

My Changing Body, My Personal Health Goal, Having a Healthy Future

C: 3C.1

H: 8.1.1, 8.1.2, 8.1.4, 8.1.5, 8.1.6, 8.1.7, 8.1.8, 8.2.1, 8.2.4, 8.2.7, 8.2.8, 8.5.3, 8.5.6, 8.6.1, 8.6.2, 8.6.3, 8.6.4, 8.6.5, 8.6.6

F: 1.1.1, 3.2.1, 4.4.3

*Love Vs Infatuation, Affection, Abuse:

Boundaries in Relationships, Safe Touch/Unsafe Touch, Pornography

C: 1A.2, 2A.3, 3A.3, 3C.1, 6A.3, 6B.4

H: 8.1.1, 8.1.4, 8.1.5, 8.1.7, 8.1.8, 8.3.4, 8.5.6, 8.6.7

F: 5.3.2

*Consequences:

Health Risks, Whole-Person Consequences, Seeking Professional Help

C: 3C.1, 6B.1, 6B.4

H: 8.1.1, 8.1.4, 8.1.5, 8.1.7, 8.1.8, 8.3.2, 8.3.3, 8.3.4, 8.5.3, 8.5.5, 8.5.6, 8.6.1, 8.6.7, 8.7.3, 8.7.5

F: 5.3.1

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