

Alive & Well

7TH GRADE

The Journey of Life



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 Journey of Life* curriculum, 7th grade students will learn about short and long term consequences, refusal skills, pornography, safety on-line, mental health and more! We have included the state standards for Counseling, Health & Wellness, and Family & Consumer Science for each lesson.

STANDARDS COVERED

C = Counseling

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

Positive Self Talk:

Negative Thoughts vs. Positive Thoughts, Creating Empowering Beliefs, Worldview

C: 1.1.8, 1.1.9, 1.1.10, 3.1.1, 3.1.3, 3.2.1, 3.2.2, 3.2.5, 3.3.6

H: 8.2.8, 8.4.1, 8.4.4, 8.4.8, 8.4.9, 8.5.4, 8.5.5, 8.5.6, 8.6.1, 8.6.2, 8.6.6

F: 1.2.1, 4.3.1, 4.4.1

Subconscious Mind:

Understanding Sleep, Self Control, Resilience

C: 3.2.1, 3.2.2, 3.3.3

H: 8.1.1, 8.1.3, 8.1.5, 8.1.7, 8.1.8, 8.2.2, 8.2.3, 8.2.6, 8.2.7, 8.2.8, 8.2.9, 8.3.4, 8.3.5, 8.4.7, 8.5.1, 8.5.3, 8.5.4, 8.5.5, 8.5.6, 8.6.1, 8.6.2, 8.6.3, 8.6.4, 8.6.5, 8.6.6, 8.7.3, 8.7.4, 8.7.5

F: 1.1.1, 1.1.2, 3.2.3, 4.4.1, 5.2.1, 5.2.2

Positive Impact:

Strengths Finder, The Value of Service, Overcoming Obstacles

C: 1.1.8, 1.1.10, 2.2.5, 3.1.2, 3.2.4

F: 1.1.3, 1.1.4, 2.1.5, 5.1.2, 5.1.3

*Guardrails:

Planning for the Future, Creating Boundaries, Safe Touch/Unsafe Touch

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

H: 8.1.1, 8.1.2, 8.1.4, 8.1.5, 8.1.7, 8.1.8, 8.2.1, 8.2.3, 8.2.4, 8.2.5, 8.2.6, 8.2.7, 8.2.8, 8.2.9, 8.3.4, 8.4.1, 8.4.5, 8.4.6, 8.5.3, 8.5.4, 8.5.5, 8.5.6, 8.6.1, 8.6.2, 8.6.5, 8.7.4, 8.7.5

F: 1.1.2, 1.1.4, 4.4.1, 4.4.3, 5.2.2, 5.3.1, 5.3.2

*Detours for Life:

Respect, Boundaries, Consequences

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

H: 8.1.1, 8.1.2, 8.1.4, 8.1.5, 8.1.7, 8.1.8, 8.2.4, 8.2.6, 8.2.7, 8.2.8, 8.2.9, 8.4.1, 8.4.3, 8.4.4, 8.4.5, 8.4.6, 8.4.7, 8.5.2, 8.5.3, 8.5.4, 8.5.5, 8.5.6, 8.6.1, 8.6.5, 8.7.5

F: 1.1.1, 1.1.2, 4.4.1, 4.4.3, 5.2.1., 5.2.2, 5.3.1

*Consequences:

My Brain in Love, Boundaries in Relationships, Pornography

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

H: 8.1.1, 8.1.2, 8.1.3, 8.1.4, 8.1.5, 8.1.7, 8.1.8, 8.2.1, 8.2.3, 8.2.4, 8.2.6, 8.2.7, 8.3.2, 8.3.3, 8.3.4, 8.3.5, 8.4.4, 8.4.5, 8.5.2, 8.5.3, 8.5.4, 8.5.5, 8.5.6, 8.6.1, 8.6.5, 8.7.1, 8.7.2, 8.7.3, 8.7.4, 8.7.5

F: 1.1.2, 4.4.1, 4.4.3, 5.3.1

*Screen Safety:

Media Messages, Cyberbullying, Pornography, Sexting, On-Line Predators, Sextortion

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

H: 8.1.1, 8.1.4, 8.1.5, 8.1.7, 8.1.8, 8.2.3, 8.2.4, 8.2.6, 8.2.7, 8.3.2, 8.3.3, 8.3.4, 8.3.5, 8.4.1, 8.4.3, 8.4.4, 8.4.5, 8.4.6, 8.5.2, 8.5.3, 8.5.4, 8.5.5, 8.5.6, 8.6.1, 8.6.2, 8.6.3, 8.6.5, 8.6.6, 8.7.3, 8.7.4, 8.7.5

F: 1.1.1, 1.1.2, 4.3.2, 4.4.1, 4.4.3, 5.2.1, 5.2.2, 5.3.1, 5.3.2, 5.6.2, 5.6.3

*Refusal Skills:

I Am Valuable, Peer Pressure, I-Messages

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

H: 8.1.1, 8.1.2, 8.1.5, 8.2.4, 8.2.7, 8.4.1, 8.4.3, 8.4.4, 8.4.5, 8.4.6, 8.4.7, 8.4.8, 8.4.9, 8.5.1, 8.5.2, 8.5.3, 8.5.4, 8.5.5, 8.5.6, 8.6.1, 8.6.3, 8.6.5, 8.6.6, 8.7.3, 8.7.4, 8.7.5

F: 1.1.1, 1.1.2, 4.3.2, 4.4.1, 5.2.1, 5.2.2, 5.3.1

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