

Alive & Well

8TH GRADE

Creating Healthy Relationships

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 *Creating Healthy Relationships* curriculum, 8th grade students will learn about healthy and abusive relationships, unplanned pregnancy, consequences, pornography, internet safety, and more! Below you will find the state standards for Counseling, Health & Wellness, and Family and Consumer Science for each lesson.

*indicates Core lessons

STANDARDS COVERED

C = Counseling Standards

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

Handling Stress:

Positive, Tolerable & Toxic Stress, Positive Coping Mechanisms, The Importance of Journaling

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

H: 8.1.1, 8.1.4, 8.1.5, 8.1.7, 8.2.7, 8.2.8, 8.2.10, 8.4.1, 8.4.3, 8.5.5, 8.5.6, 8.7.3, 8.7.4, 8.7.5

F: 1.1.2, 1.2.2, 4.4.1, 5.2.2,

Negative Coping Mechanisms:

Understanding Addiction, Boundaries, Helping a Friend Through Mental Health Struggles

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

H: 8.1.1, 8.1.2, 8.1.4, 8.1.5, 8.1.7, 8.1.8, 8.2.4, 8.2.7, 8.2.9, 8.3.2, 8.3.3, 8.4.1, 8.4.2, 8.4.3, 8.4.4, 8.4.6, 8.4.8, 8.4.9, 8.5.1, 8.5.3, 8.5.5, 8.5.6

F: 4.2.1, 4.4.1, 5.2.2,

Reframe Your Thoughts:

Reframing, Asking Empowering Questions, Empathy, Mindset, Steps to Change Bad Habits

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

F: 1.1.2, 5.2.1, 5.2.2

H: 8.1.1, 8.1.2, 8.1.3, 8.1.4, 8.1.5, 8.1.7, 8.4.1, 8.4.3, 8.4.4, 8.4.5, 8.4.6, 8.5.6, 8.6.1, 8.7.3, 8.7.4, 8.7.5,

*Creating Healthy Relationships:

Building a Foundation of Friendship, Boundaries in Relationships, Refusal Skills

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

H: 8.1.1, 8.1.3, 8.1.4, 8.1.5, 8.1.7, 8.2.9, 8.4.5, 8.4.6, 8.4.7, 8.5.1, 8.5.4, 8.5.6, 8.6.1, 8.6.2, 8.6.3, 8.6.4, 8.6.5, 8.6.6, 8.7.5

F: 1.1.2, 4.4.1, 4.4.3, 5.3.1

*Abusive Relationships:

Safe Touch/Unsafe Touch, Signs of Relationship Abuse, Finding Help

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

H: 8.1.1, 8.1.4, 8.1.5, 8.1.7, 8.1.8, 8.2.4, 8.2.7, 8.2.8, 8.2.9, 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, 8.4.7, 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, 8.7.1, 8.7.2, 8.7.4, 8.7.5

F: 1.1.1, 1.1.2, 1.1.4, 4.3.2, 4.4.1, 4.4.3, 5.2.2, 5.3.1, 5.3.2, 5.6.2

*Unplanned Pregnancy:

Fetal Development, Locating Professional Health Services, My Choices Affect My Future

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

H: 8.1.1, 8.1.2, 8.1.3, 8.1.4, 8.1.5, 8.1.6, 8.1.7, 8.1.8, 8.2.1, 8.3.1, 8.3.2, 8.3.3, 8.3.4, 8.3.5, 8.4.6, 8.5.3, 8.5.6, 8.6.1, 8.6.2, 8.6.3, 8.6.5, 8.7.1, 8.7.2, 8.7.3, 8.7.4, 8.7.5

F: 1.1.1, 1.1.2, 1.1.4, 1.1.5, 4.1.1, 4.4.3, 5.2.1, 5.2.2, 5.3.1

*Physical Health:

Short and Long Term Consequences, STI's, Wise decisions

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

H: 8.1.1, 8.1.2, 8.1.4, 8.1.5, 8.1.7, 8.1.8, 8.2.4, 8.2.8, 8.2.9, 8.3.1, 8.3.2, 8.3.3, 8.3.4, 8.3.5, 8.4.6, 8.5.3, 8.5.5, 8.5.6, 8.6.1, 8.7.4, 8.7.5

F: 1.1.1, 1.1.2, 4.4.1, 4.4.3, 5.2.2

*Internet Safety:

Pornography, Sexting, Sextortion, Lies from the Media, Cyberbullying, Creating Online Boundaries

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

H: 8.1.1, 8.1.2, 8.1.3, 8.1.4, 8.1.5, 8.1.7, 8.1.8, 8.2.3, 8.2.4, 8.2.6, 8.2.7, 8.2.8, 8.2.9, 8.3.4, 8.3.5, 8.4.1, 8.4.3, 8.4.4, 8.4.5, 8.4.6, 8.4.7, 8.4.8, 8.5.2, 8.5.3, 8.5.4, 8.5.5, 8.5.6, 8.6.1, 8.6.2, 8.6.3, 8.6.6, 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