

# THRIVE

## 9th - 12th Grade

Counseling Standards

Health Standards



*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 Thrive curriculum, high school students will learn about planning for the future, using technology appropriately, avoiding pornography, discerning between healthy and abusive relationships, recognizing sex trafficking, preventing STI's, seeking out health resources, and much more! Below you will find the state standards for Counseling, Health & Wellness, and Family & Consumer Science for each lesson.*

**Understanding Stress:**

*Stress Management, Depression, Suicide Prevention, Dealing with Anxiety*

**9:** 1A.1, 1A.2, 1A.4, 1B.2, 2A.1, 3A.1, 3A.2, 3B.1, 3B.2, 3C.2, 6A.3, 6B.1

**11:** 1A.1, 1A.2, 2A.1, 2C.1, 3A.1, 3A.2, 3B.1, 3B.2, 3B.3, 5A.1, 6B.1, 6B.3, 6C.2, 7A.1

**H:** 12.1.1, 12.1.3, 12.1.4, 12.1.7, 12.1.8, 12.1.9, 12.2.3, 12.2.4, 12.2.6, 12.2.9, 12.3.2, 12.3.3, 12.3.4, 12.3.5, 12.4.3, 12.4.4, 12.4.6, 12.4.8, 12.5.1, 12.5.3, 12.5.5, 12.5.6, 12.7.4, 12.7.5

**Understanding Myself:**

*Sleep and Your Brain, Addictions, Positive Coping Mechanisms*

**9:** 1A.1, 1A.3, 1B.2, 3A.2, 3B.1, 3B.2, 3C.2, 4A.1, 6A.3, 6B.1

**11:** 1A.1, 1B.1, 2A.1, 2C.1, 3A.1, 3A.2, 3B.1, 3B.2, 3B.3, 6B.1, 6C.2

**H:** 12.1.1, 12.1.2, 12.1.3, 12.1.4, 12.1.7, 12.1.8, 12.1.9, 12.2.3, 12.2.4, 12.2.5, 12.2.6, 12.2.7, 12.2.9, 12.3.4, 12.3.5, 12.4.4, 12.4.6, 12.5.1, 12.5.3, 12.5.5, 12.5.6, 12.6.6, 12.7.4, 12.7.5

**Understanding the World:**

*Worldview, Empathy, Respecting Yourself & Others*

**9:** 1A.2, 3A.1, 3A.2, 3B.1, 3B.2, 4A.1, 4A.2, 4C.1, 4C.2, 5A.1, 5A.2, 5B.1, 6B.1, 6C.1, 6C.2, 6C.3, 7A.1

**11:** 2B.1, 2C.2, 3C.2, 3C.3, 4A.1, 4A.2, 4B.2, 4C.1, 5A.1, 5B.1, 6B.2, 6B.3, 6C.2

**H:** 12.2.3, 12.2.4, 12.4.1, 12.4.2, 12.4.3, 12.4.4, 12.4.6, 12.4.7, 12.4.8, 12.4.9, 12.5.3,

**\* = Core 5**

# STANDARDS COVERED FOR CORE 5

**9 = Counseling Standards 9-10,**

**11 = Counseling Standards 11-12, H = Health Standards**

## **\*Strengths:**

*Inner-Strengths, Self-Control, Whole Person Health*

**9:** 2B.2, 2B.3, 3A.2, 3C.2, 6A.1, 6A.2, 6A.3, 6B.3

**11:** 2B.2, 2B.3, 2C.1, 3C.1, 6A.1, 6A.2, 6B.3, 6B.4, 6C.1, 6C.2

**H:** 12.1.1, 12.1.2, 12.1.4, 12.1.5, 12.1.7, 12.1.8, 12.1.9, 12.2.9, 12.4.4, 12.4.5, 12.5.1, 12.5.3, 12.5.4, 12.5.5, 12.5.6, 12.6.1, 12.6.2, 12.6.3, 12.6.5, 12.6.6, 12.7.4, 12.7.5

## **\*STI's:**

*Physical Consequences, Professional Help, Confiding in Trusted Adults*

**9:** 3A.2, 3B.1, 3C.2, 6B.3

**11:** 3B.1, 3B.2, 5A.1, 6B.3, 6C.2

**H:** 12.1.1, 12.1.4, 12.1.5, 12.1.7, 12.1.8, 12.1.9, 12.2.3, 12.2.4, 12.2.5, 12.2.6, 12.2.7, 12.2.9, 12.3.2, 12.3.3, 12.3.4, 12.3.5, 12.4.4, 12.4.5, 12.4.6, 12.5.3, 12.5.5, 12.5.6, 12.6.1, 12.6.5, 12.6.6, 12.7.4, 12.7.5

## **\*Pressures and Boundaries:**

*Pressure from Media, Objectification, Pornography, I-Messages*

**9:** 1B.2, 2A.1, 2A.4, 3A.1, 3A.2, 3B.1, 3C.2, 4C.2, 6B.1, 6B.3

**11:** 2A.1, 2C.1, 2C.2, 3A.2, 3B.1, 3B.2, 3C.1, 5A.1, 5B.1, 6B.1, 6B.3, 6C.1, 6C.2

**H:** 12.1.3, 12.1.4, 12.1.7, 12.1.8, 12.1.9, 12.2.3, 12.2.4, 12.2.5, 12.2.6, 12.2.7, 12.2.9, 12.3.3, 12.3.4, 12.3.5, 12.4.1, 12.4.2, 12.4.3, 12.4.4, 12.4.5, 12.4.6, 12.4.7, 12.4.8, 12.4.9, 12.5.3, 12.5.4, 12.5.5, 12.5.6, 12.6.1, 12.6.6

## **\*Relationships:**

*Your Brain In Love, Relationship Abuse, Human Trafficking, Sexting, Safe Touch/Unsafe Touch*

**9:** 2A.1, 2A.4, 3A.2, 3B.1, 3C.2, 4C.1, 4C.2, 6B.3, 6C.1, 6C.2

**11:** 1A.2, 2A.1, 2B.1, 2C.1, 2C.2, 3A.2, 3B.1, 3B.2, 3B.3, 3C.1, 3C.2, 4A.1, 4B.2, 4C.1, 5A.1, 5B.1, 6B.1, 6B.3, 6C.1, 7A.2, 7C.1, 7C.2

**H:** 12.1.1, 12.1.2, 12.1.4, 12.1.7, 12.1.8, 12.1.9, 12.2.3, 12.2.4, 12.2.5, 12.2.6, 12.2.7, 12.2.9, 12.3.2, 12.3.3, 12.3.4, 12.3.5, 12.4.4, 12.4.5, 12.4.6, 12.5.3, 12.5.5, 12.5.6, 12.6.5, 12.6.6

## **\*Communication:**

*Talking to Your Parents, I-Messages, Consent*

**9:** 1A.1, 1B.2, 2A.1, 2A.4, 3A.1, 3B.1, 3B.2, 3C.2, 3C.3, 4A.1, 4A.2, 4C.1, 4C.2, 5A.1, 5B.1, 6A.3, 6B.1, 6B.2, 6B.3, 6C.1, 6C.2, 6C.3, 7A.2, 7C.1

**11:** 1A.2, 1B.1, 2A.1, 2B.1, 2B.2, 2B.3, 2C.1, 3A.2, 3B.1, 3B.2, 3B.3, 3C.1, 3C.2, 3C.3, 4A.1, 4A.2, 4B.2, 4C.1, 5A.1, 5B.1, 6B.1, 6B.2, 6B.3, 6B.4, 6C.1, 6C.2, 7C.1, 7C.2

**H:** 12.1.1, 12.1.2, 12.1.3, 12.1.4, 12.1.5, 12.1.7, 12.1.8, 12.1.9, 12.2.9, 12.4.1, 12.4.2, 12.4.3, 12.4.4, 12.4.5, 12.4.6, 12.4.7, 12.4.8, 12.4.9, 12.5.3, 12.5.4, 12.5.5, 12.5.6, 12.6.1, 12.7.4, 12.7.5

