

Healthy Boundaries Curriculum Crosswalk

Component: Personal Wellness; Subcomponent: Physical Activity and Fitness

- 6.PW.7: Identify the importance of participation in the recommended one hour of daily physical activity.
- 6.PW.8: Explain the benefits of exercise for improved social, mental, and physical health.
- 7.PW.7: Describe the importance of participation in the recommended one hour of daily physical activity.
- 7.PW.8: Describe how physical activity relates to stress management and inoculation, socialization, and mental acuity.
- 8.PW.8: Research various physical activities and analyze their social, emotional, and physical benefits.

Component: Mental, Emotional, and Social Health; Subcomponent: Core

- 6.MESH.1: Identify coping skills to deal with the health effects of stress, loss, and depression.
- 6.MESH.2: Describe the importance of setting personal boundaries for privacy, safety, and expression of emotions and opinions.
- 6.MESH.3: Identify internal and external influences on social, emotional, and mental health.
- 6.MESH.4: Discuss the importance of getting guidance from a trusted adult when faced with a threatening situation. (e.g. bullying, threats)
- 6.MESH.5: Identify trusted adults who can help with mental, social, and emotional health problems.
- 6.MESH.7: Identify refusal and negotiation skills to avoid or reduce mental, social, and emotional health risks in hypothetical situations.
- 6.MESH.8: Identify decision-making strategies to enhance all aspects of health.
- 6.MESH.9: Identify how personal goals can be affected by poor decision-making.
- 7.MESH.1: Describe the signs, causes, and health effects of stress, loss, and depression.
- 7.MESH.2: Discuss the harmful effects of violent behaviors, and describe the similarities between them (e.g., bullying, hazing, fighting, verbal abuse).
- 7.MESH.3: Describe the influence of culture on family values and practices.
- 7.MESH.4: Identify trusted adults to report to if individuals are in danger of hurting themselves or others.
- 7.MESH.7: Apply refusal and negotiation skills to avoid or reduce mental, social, and emotional health risks.
- 7.MESH.8: Apply goal-making process to a variety of situations that impact all areas of health.
- 7.MESH.9: Describe how poor decision making can impact personal goals.
- 8.MESH.1: Describe common mental health conditions and the importance of seeking help.
- 8.MESH.2: Identify a variety of nonviolent ways to respond when angry or upset.
- 8.MESH.3: Analyze techniques that are used to pressure someone to engage in or be a target of violent behavior
- 8.MESH.4: Analyze situations that may call for acts of caring among friends or require getting help from trusted adults
- 8.MESH.7: Utilize family, school, and community resources to avoid or reduce mental, social, and emotional health risks (e.g., bullying, harassment).
- 8.MESH.8: Differentiate between the need for individual or collaborative decision making and identify circumstances that can support or hinder decision-making and goal setting.
- 8.MESH.9: Analyze how personal health goals can vary with changing abilities, priorities, and responsibilities.

Component: Safety and Prevention; Subcomponent: Disease Prevention

- 6.SP.1: Identify communicable diseases, their symptoms, and how they are spread. Identify prevention techniques and treatment.
- 7.SP.1: Describe means of communicable disease prevention (e.g., universal precautions, vaccinations).
- 8.SP.1: Identify the relationship between participation in risky behaviors and contracting communicable disease

Component: Safety and Prevention; Subcomponent: First Aid

- 6.SP.5: Identify ways that choice affects the lives of an individual, others, and society.
- 7.SP.5: Analyze how media influences impact health behaviors.
- 8.SP.5: Evaluate individual, group, and societal influences that promote positive and negative health behaviors.

Component: Safety and Prevention; Subcomponent: Technology Safety

- 6.SP.6: Identify trustworthy resources for health related information (e.g., CDC, WHO).
- 6.SP.7: Describe how to report bullying, threatening situations, or inappropriate content related to social media.
- 7.SP.7: Research the safe uses of social media and identify possible negative consequences of improper uses.
- 8.SP.7: Analyze the possible legal consequences of improper social media usage.

Component: Safety and Prevention; Subcomponent: Prevention

- 6.SP.8: Identify basic refusal skills and demonstrate the ability to use them.
- 7.SP.8: Describe techniques used to de-escalate a threatening situation.
- 7.SP.9: Apply a decision-making process for avoiding dangerous situations.
- 8.SP.8: Demonstrate de-escalation techniques used in threatening situations.

Component: Human Growth and Development; Subcomponent: Anatomy and Physiology

- 6.HGD.2: Summarize the human reproduction cycle.
- 7.HGD.1: Analyze and explain the impact of personal health behaviors on the functioning of the human body.
- 7.HGD.2: Describe the human cycle of reproduction, birth, growth, aging, and death.
- 8.HGD.1: Describe how personal choice impacts bodily systems. (e.g., risky behaviors)
- 8.HGD.2: Analyze how internal and external influences affect growth and development, relationships, and sexual behavior.
- 8.HGD.3: Explain how culture, media, and other factors influence perceptions about body image, gender roles, and attractiveness
- 8.HGD.4: Identify the physical, social, and emotional changes that occur during puberty (e.g., menstrual cycle, reproductive system, conception).

Component: Human Growth and Development; Subcomponent: Puberty and Adolescent Development

- 6.HGD.5: Identify parents or other trusted adults to whom you can ask questions about puberty and adolescent health issues.

Component: Human Growth and Development; Subcomponent: Pregnancy and Reproduction

- 6.HGD.6: Define teen pregnancy.
- 6.HGD.7: Identify how the media influences risk behavior related to teen pregnancy.
- 6.HGD.8: Identify the difference between abstinence and risk behaviors and why abstinence is the responsible and preferred choice for adolescence.
- 6.HGD.9: Define sexual abstinence as it relates to pregnancy prevention.
- 7.HGD.6: Compare and contrast the effects of teen pregnancy on personal health.
- 7.HGD.7: Describe how puberty prepares the human body to reproduce.
- 7.HGD.8: Identify the positive benefits of abstinence from sexual activity outside of marriage.
- 8.HGD.6: Describe social, emotional, and economic impact associated with teen parenting (e.g., perspective of the teen mother, teen father, parents of teens)
- 8.HGD.7: Explain how conception occurs, stages of pregnancy, and the responsibilities associated with parenting.
- 8.HGD.8: Identify reasons for abstaining from sexual activity (e.g., unplanned pregnancy, infection, infertility, and lifelong illness).
- 8.HGD.9: Identify medically-accurate resources about pregnancy prevention and reproductive health care.

Component: Human Growth and Development; Subcomponent: Sexually Transmitted Infections/HIV

- 6.HGD.10: Identify and define common sexually transmitted infection (STI) pathogens.
- 6.HGD.14: Identify family structure, roles, and responsibilities and how they may change.
- 6.HGD.15: Describe healthy and respectful ways to express friendship, attraction, and affection.
- 6.HGD.16: Identify that there are individual, family, and cultural differences in relationships.
- 6.HGD.17: Analyze how messages from media influence relationships.
- 7.HGD.10: Describe ways diseases are spread and prevented.
- 7.HGD.11: Analyze the immune system in terms of the organs, functions, and their connection to HIV/STIs.
- 7.HGD.12: Identify modes (age appropriate) of HIV transmission, as well as ways to prevent transmission.
- 7.HGD.14: Identify how familial and personal values and beliefs affect future decisions.
- 7.HGD.15: Compare and contrast the characteristics of healthy and unhealthy relationships.
- 7.HGD.17: Identify how media influences personal values, attitudes, and beliefs of relationships.
- 8.HGD.10: Analyze ways pathogens and diseases are spread, prevented, and managed
- 8.HGD.11: Research strategies to develop and maintain reproductive and sexual health (including HIV, HPV, and common STIs).
- 8.HGD.12: Compare and contrast behaviors, including abstinence, to determine potential risk of STI/HIV transmission
- 8.HGD.14: Analyze how changes in family structure can impact personal decision making.
- 8.HGD.15: Analyze the similarities and difference between friendships and romantic relationships.
- 8.HGD.16: Analyze how internal and external influences affect growth and development in relationships (including abuse, neglect, dysfunction) and sexual behavior.
- 8.HGD.17: Evaluate the influence of media on personal values, attitudes, and beliefs.

Component: Substance Abuse and Use; Subcomponent: Health Risks

- 7.SUA.1: Explain how addiction negatively impacts physical and mental health in short- and long-term time frames.
- 8.SUA.1: Evaluate the impact of addiction on individuals, families, and communities including physical, emotional, and economic costs.