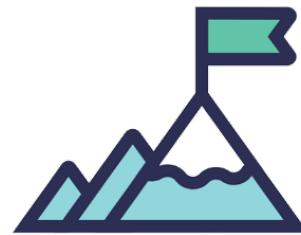


Aspire

Chapter Themes & Learning Standards

(Grades 8-11)



SUCCESS SEQUENCE

Chapter & Theme	Content	Illinois PE & Health Standards	CDC: National Health Education Standards
1. Living Life on Purpose <i>Goal Setting</i>	<ul style="list-style-type: none"> Naming future goals Benefits of abstinence 	22.A.3a 22.A.3b 22.A.5b 24.B.3a 24.B.5a 24.C.4a	6.12.4
2. Standing Strong <i>Abstinence from Sex, Drugs & Alcohol</i>	<ul style="list-style-type: none"> Plan for resisting negative pressure Effect of sex, drugs, and alcohol on achieving goals 	22.A.5c	1.12.7 1.12.8 1.12.9 2.8.3 2.8.7 2.8.9 5.8.1 5.12.1 2.12.3 2.12.9
3. Thinking Ahead <i>Medical Implications (STDs)</i>	<ul style="list-style-type: none"> Potential effects of sexual decisions Steps for avoiding STDs 	24.B.3a 24.B.5a 24.C.3a	1.8.8 1.8.9
4. Protecting Your Mind <i>Media Influence</i>	<ul style="list-style-type: none"> Impact of media messaging on beliefs, opinions, and mental health 	22.A.4a 22.A.4b 22.A.5a 22.A.5b	2.8.2 2.8.5 2.8.6 2.12.2 2.12.5 2.12.6 5.12.1
5. The Power of Self-Control <i>Character Development</i>	<ul style="list-style-type: none"> Exercising self-control Impact of friendships on goal achievement 	24.C.3a	1.8.2 1.12.2 2.8.3 7.8.2 7.8.3 7.12.2 7.12.3
6. Marriage Rocks <i>Positive Outcomes of Goal Setting</i>	<ul style="list-style-type: none"> Characteristics of healthy relationships Foundation of a successful marriage 	24.B.3a 24.B.5a 24.C.3a	1.8.7 5.8.6 5.8.7 5.12.6 6.12.4 7.8.2 7.8.3
7. Making a Fresh Start <i>Relationship Development</i>	<ul style="list-style-type: none"> Signs of an abusive relationship Choosing a new direction 	22.A.3b 24.B.5a	1.8.2 1.12.2 2.8.3 7.8.2 7.8.3 7.12.2
8. The Big Picture <i>Accomplishing Goals & the Success Sequence</i>	<ul style="list-style-type: none"> Effect of daily choices on future goals Proactive plan for success 	22.A.4b 24.B.5a 24.C.4a	1.8.7 5.8.6 5.8.7 5.12.6 6.12.4 7.8.2 7.8.3