



# Aspire

## Chapter Themes & Learning Standards

(Grades 8-11)



**SUCCESS SEQUENCE**

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