



# Navigator

## Chapter Themes & Learning Standards

(Grades 9-12)



**SUCCESS SEQUENCE**

Chapter & Theme	Content	Illinois PE & Health Standards	CDC: National Health Education Standards
<b>1. Vision</b> <i>Goal Setting</i>	<ul style="list-style-type: none"> <li>Analyzing interests and setting goals</li> <li>Keys to achieving goals</li> </ul>	22.A.3a 24.B.3a 22.A.3b 24.B.5a 22.A.5b 24.C.4a	1.8.5 5.12.1 6.12.2 1.12.5 5.12.2 6.12.3 5.8.1 6.8.2 6.12.4 5.8.6 6.8.3
<b>2. Clarity</b> <i>Media Influence</i>	<ul style="list-style-type: none"> <li>Effect of media exposure on decisions</li> <li>Importance of thinking clearly about media</li> </ul>	22.A.5c	2.8.2 2.12.5 2.8.5 2.12.6 2.8.6 5.12.1 2.12.2
<b>3. Direction</b> <i>Sexual Decision Making</i>	<ul style="list-style-type: none"> <li>Long-term significance of current decisions on social, emotional, and mental well-being</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>4. Safety</b> <i>Medical Implications (STDs)</i>	<ul style="list-style-type: none"> <li>Potential negative effects of sexual decisions</li> <li>Steps for avoiding STDs</li> </ul>	22.A.4a 22.A.4b 22.A.5a 22.A.5b	1.8.8 1.8.9
<b>5. Strength</b> <i>Abstinence from Sex, Drugs &amp; Alcohol</i>	<ul style="list-style-type: none"> <li>Exercising self-control and resisting pressure</li> <li>Strategies for saying “no”</li> </ul>	24.C.3a	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>6. Character</b> <i>Character Development</i>	<ul style="list-style-type: none"> <li>Analyzing character qualities</li> <li>Identifying positive and negative influences</li> </ul>	24.B.3a 24.B.5a 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>7. Companionship</b> <i>Dating &amp; Relationships</i>	<ul style="list-style-type: none"> <li>Healthy vs. unhealthy relationships</li> <li>Setting personal boundaries</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. Destination</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>Foundation of a successful marriage</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