



Quest

Chapter Themes & Learning Standards

(Grades 7-10)



Chapter & Theme	Content	Illinois PE & Health Standards	CDC: National Health Education Standards		
1. Life is a Journey <i>Goal Setting</i>	- Strategies for setting goals - Effect of daily choices on future outcomes	22.A.3b 24.B.5a 22.A.5b 24.C.4a 24.B.3a	1.8.5 1.12.5 5.8.1 5.8.6	5.12.1 5.12.2 6.8.2 6.8.3	6.12.2 6.12.3 6.12.4
2. Mapping Your Course <i>Creating a Plan</i>	- Resisting negative pressures - Benefits of abstinence	22.A.3a 22.A.3b 24.B.3a 24.C.4a	1.8.5 1.12.5 5.8.1 5.8.6	5.12.1 5.12.2 6.8.2 6.8.3	6.12.2 6.12.3 6.12.4
3. Breaking Free <i>Media Influence</i>	Impact of media messaging on beliefs, opinions, and mental health	22.A.5c	2.8.2 2.8.5 2.8.6 2.12.2	2.12.5 2.12.6 5.12.1	
4. Finding Your Way <i>Abstinence from Sex, Drugs & Alcohol</i>	Effects of sexual decision making on social, physical, emotional, and mental well-being	24.B.3a 24.B.5a 24.C.3a	1.12.7 1.12.8 1.12.9 2.8.3	2.8.7 2.8.9 2.12.3 2.12.9	5.8.1 5.12.1
5. Staying on Track <i>Identifying Consequences</i>	- Statistics on teen pregnancy - Importance of marriage	24.B.3a 24.B.5a 24.C.3a	1.12.7 1.12.8 1.12.9 2.8.3	2.8.7 2.8.9 2.12.3 2.12.9	5.8.1 5.12.1
6. Future Focus <i>Positive Outcomes & Rewards</i>	- Characteristics of healthy relationships - Foundation of a successful marriage	22.A.3b 24.B.5a	1.8.7 5.8.7 5.12.6 6.12.4	7.8.2	
7. Road Blocks <i>Medical Implications (STDs)</i>	- Potential effects of sexual decisions - Steps for avoiding STDs	22.A.4a 22.A.4b 22.A.5a 22.A.5b	1.8.8 1.8.9		
8. Journey's End <i>Preparing for a Successful Future</i>	- Relationship development - Celebration of Success	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	