

## Minimum Health Education Standards and Sexual Risk Avoidance Alignment

Relevant Deminision of Health (emotional, intellectual, physical, spiritual, mental, social)	Alabama Course of Study - Health Education "Optimal Health for Life" (Required by AL Code 1975 - 16-35-4)	Baldwin County SRA Curriculum Content
<b>Anchor Standard 1: Health Promotion</b>		
Emotional, Social, Physical	7.1.1 - Summarize interrelationship of emotional, social, and physical health b. - Illustrate how changing family dynamics can affect health. Examples: divorce, relocating, death	7th Grade - "You Are Unique" - Day 1, lines 77-95 - Day 3, lines 48-68 - Day 2, lines 128-143 - Day 3, lines 252-260 - Day 3, lines 180-275
Emotional, Physical, Mental	7.1.2 - Predict the risk of injury or illness if engaging in unhealthy behaviors.	7th Grade - "You Are Unique" - Day 1, lines 268-288 - Day 2, lines 30-35 - Day 2, lines 125-127 - Day 2, lines 145-153 - Day 3, lines 17-77
Social, Physical	7.1.2 - Give examples of dangers associated with the use of alcohol, tobacco, or other drugs	7th Grade - "You Are Unique" - Day 1, lines 209-233 - Day 3, lines 333, 338-340
Emotional, Social, Spiritual	7.1.3 - Determine barriers to practicing healthy behaviors (Example: social support) i.e. "friendships" & "dating"	7th Grade - "You Are Unique" - Day 1, lines 234-254 - Day 2, lines 267-307 - Day 3, lines 209-230
Emotional, Social, Physical	7.1.4 - Predict the consequences of engaging in unhealthy behaviors.	7th Grade - "You Are Unique" - Day 1, lines 282-288 - Day 2, lines 30-35 - Day 2, lines 116-121 - Day 2, lines 125-127 - Day 2, lines 145-153
Social, Emotional, Physical	7.1.5 - Research family medical history and how it impacts personal health now and in the future. a. Discuss hereditary diseases that impact personal health and wellness.	7th Grade - "You Are Unique" - Day 2, lines 115-127
<b>Anchor Standard 2: Analyzing Influences</b>		
Social, Spiritual	7.2.1 - Describe how family values and behaviors influence the health of adolescents. (examples: practicing open communication)	7th Grade - "You Are Unique" - Day 2, lines 234-236 - Day 2, lines 245-249 - Day 2, lines 261-264 - Day 3, lines 252-256 - Dat 3, lines 350-353
Physical, Emotional	7.2.2 - Explain how communities can affect personal health practices and behaviors. (examples: public policies)	7th Grade - "You Are Unique" - Day 2, lines 213-233 - Day 2, lines 268-307
Social, Intellectual	7.2.3 - Describe how the media can send mixed messages about health. (advertisements)	7th Grade - "You Are Unique" - Day 2, lines 71-90
Social. Intellectual, Physical	7.2.4 - Explain how school and public health policies can influence health promotion and disease prevention	BCBE OPT-OUT Policy approved and implemented as of April 2025.
Social, Mental, Emotional	7.2.5 - Discuss how risky choices influence the likelihood of unhealthy behaviors (substance abuse and peer pressure)	7th Grade - "You Are Unique" - Day 1, lines 16-24 - Day 1, lines 151-252
<b>Anchor Standard 3: Access to Information/Products/Services</b>		
Mental, Intellectual	7.3.1 - Distinguish between facts and myths of health information. a. Examine beliefs concerning the transmission of HIV/AIDS; distinguish between fact and fallacy.	7th Grade - "You Are Unique" - Day 1, lines 282-288 - Day 2, lines 116-127 - Day 2, lines 154-206

Social, Emotional	7.3.2 - Demonstrate the ability to locate valid school and community health resources. (Examples: health clinic, school wellness)	7th Grade - "You Are Unique" - Day 1, lines 3-6 - Day 2, lines 234-236 - Day 2, lines 247-249 - Day 3, lines 350-353 - Day 3, lines 433-436
<b>Anchor Standard 4: Interpersonal Communication</b>		
Social, Emotional	7.4.1 - Discuss effective conflict management or resolution strategies.	7th Grade - "You Are Unique" - Day 2, lines 268-307 - Day 3, lines 355-372
Social, Emotional, Physical	7.4.2 - Model refusal skills that avoid or reduce health risks	7th Grade - "You Are Unique" - Day 3, lines 355-372 - Day 3, lines 374-393
Social	7.4.3 - Demonstrate skills that avoid conflict	7th Grade - "You Are Unique" - Day 2, lines 268-307 - Day 3, lines 355-372
<b>Anchor Standard 5: Decision-Making</b>		
Intellectual, Mental, Emotional	7.5.1 - Distinguish when a self-decision should be made or if help should be sought from a responsible adult. a. Determine when it is necessary to ask for assistance when making a health choice.	7th Grade - "You Are Unique" - Day 1, lines 16-24 - Day 1, lines 151-252 - Day 2, lines 234-236 - Day 2, lines 247-249 - Day 3, lines 350-353
Intellectual, Emotional	7.5.2 - Analyze healthy alternatives over unhealthy alternatives when making decisions	7th Grade - "You Are Unique" - Day 1, lines 16-24 - Day 1, lines 151-252 - Day 3, lines 290-295 - Day 3, lines 399-401 - Day 3, lines 411-413
<b>Anchor Standard 6: Goal-Setting</b>		
Mental, Physical, Emotional	7.6.1 - Assess current personal health practices and set a goal to adopt, maintain, or improve one or more health practices	7th Grade - "You Are Unique" - Day 3, lines 399-401 - Day 3, lines 411-413
Intellectual	7.6.2 - Describe changing abilities, priorities, and responsibilities that impact personal health	7th Grade - "You Are Unique" - Day 3, lines 418-425
<b>Anchor Standard 7: Self-Management</b>		
Intellectual, Mental, Emotional	7.7.1 - State the importance of assuming responsibility for personal health behaviors and avoiding risky behaviors	7th Grade - "You Are Unique" - Day 1, lines 148-150 - Day 1, lines 171-174 - Day 1, lines 247-252 - Day 3, lines 411-417
Social, Emotional	7.7.2 - Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others	7th Grade - "You Are Unique" - Day 3, lines 180-275
<b>Anchor Standard 8: Advocacy</b>		
Social	7.8.1 - Create ways to influence and support others in making positive health choices	7th Grade - "You Are Unique" - Day 3, lines 418-425
Social, Intellectual	7.8.2 - Describe which advertising appeals are being used in various advertisements	7th Grade - "You Are Unique" - Day 2, lines 71-90
<b>BALDWIN COUNTY SRA</b> <b>baldwincountysra.org</b> <b>A RESOURCE OF WOMEN'S CARE MEDICAL CENTER</b> <b>251-947-2111</b>		
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