

A New Curriculum for Teens

Choices Today, Options Tomorrow is an 8 session abstinence-based curriculum for Indiana teens in grades 6-12. The goal of the curriculum is to equip youth with practical skills, knowledge and confidence to stand up for healthy life choices in the areas of sexual activity and related risky behaviors. The curriculum was developed with the needs of our more conservative schools in mind, and gives the opportunity to reduce the risk of teen pregnancy while holding to the values of your school district.

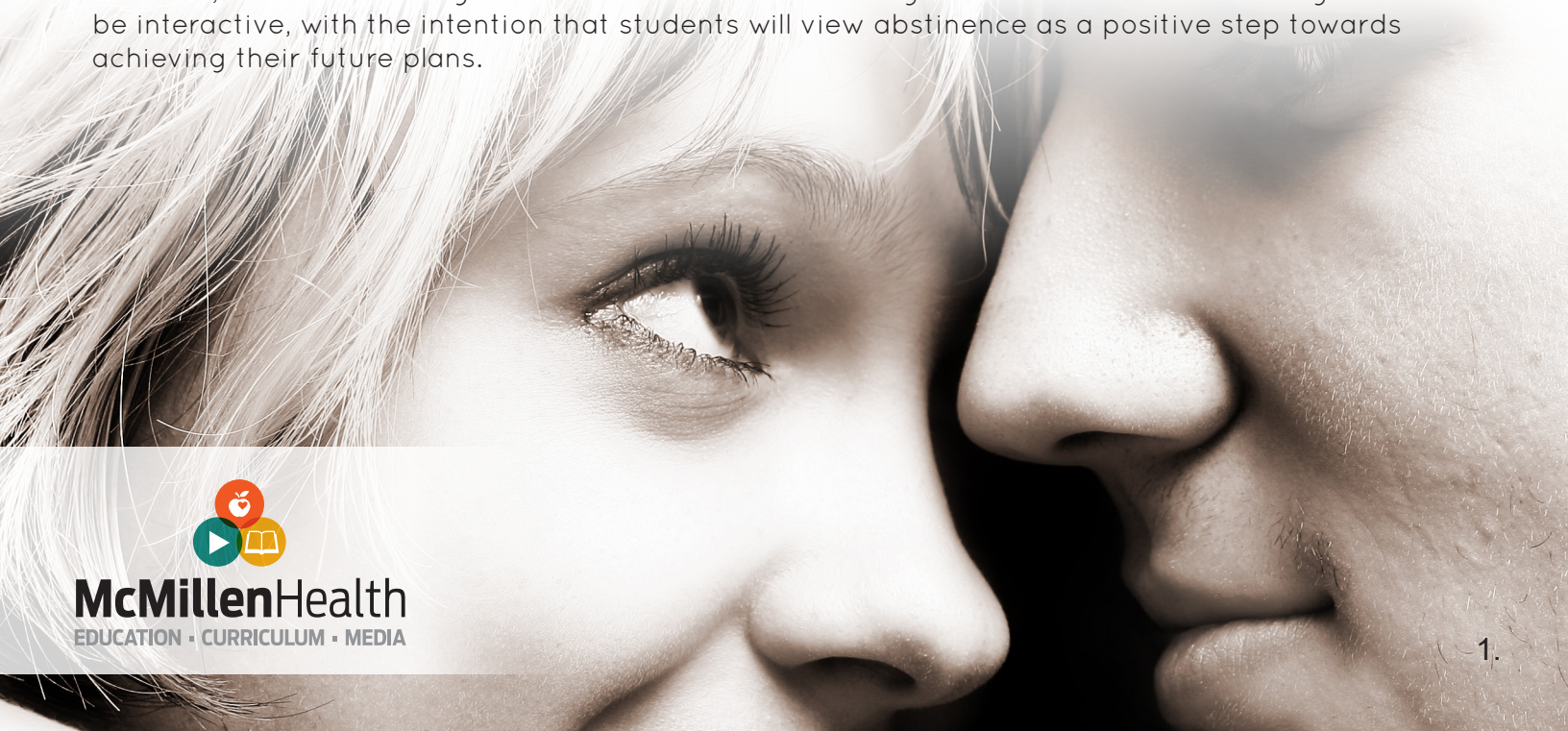
Choices Today, Options Tomorrow is **free to Indiana schools and community groups**. Sessions can be taught by McMillen Health educators either in the classroom or live through Field Trip Zoom, which requires only classroom equipment and an internet connection.

**To schedule your sessions, contact Shannon Gleason:
sgleason@mcmillenhealth.org or call (260) 456-4511**

Overview

For nearly 40 years, McMillen Health has been teaching youth about reproductive health and giving them accurate information about how their bodies work. Our educators typically only have one 60 to 90 minute session with youth and are often frustrated at the lack of time they have to teach the skills, such as positive decision making, that prevent teen pregnancy. With funding through the Abstinence Grant from the Indiana State Department of Health, we have been able to develop an expanded curriculum, Choices Today, Options Tomorrow, and can offer this education at no cost to our Indiana schools.

Adolescents in today's world have a vast amount of information at their fingertips, but often have difficulty understanding how to discern what is accurate information and how the decisions they are making today will affect their future. The Choices Today, Options Tomorrow curriculum aims to provide factual information to students on the topics of pregnancy, STIs, HIV, and associated risky behaviors. This curriculum not only provides students with the facts they need to make wise choices, but also facilitates the understanding that specific choices have certain consequences. Abstinence is emphasized as the only 100% effective way to prevent unplanned pregnancies and STIs, and the best way for students to achieve future goals. This curriculum is designed to be interactive, with the intention that students will view abstinence as a positive step towards achieving their future plans.



Population Served & Setting

Choices Today, Options Tomorrow is designed to be used in group settings with 10-30 students in grades 6-9. The curriculum can be used in schools, youth-oriented organizations, and similar community settings.

Description

The goals of the Choices Today, Options Tomorrow curriculum are to:

- *Provide students with valuable and accurate knowledge about pregnancy, STIs, HIV, and the associated risky behaviors*
- *Reduce the initiation of sexual activity and related risky behaviors among adolescents*
- *Help students form connections between choices and analyze the potential consequences*
- *Increase students' self-efficacy to make and stand by positive choices such as abstinence*

The Choices Today, Options Tomorrow curriculum consists of eight modules, taught by a McMillen Health educator, that are designed to be 45 to 60 minutes in length. Modules can be taught at your location or through distance education through Field Trip Zoom. Each module has an accompanying short video lesson with an additional 60 minutes of activities which can be completed as a classroom exercise or as homework. Each module meets National and Indiana Academic Health Standards and each video module meets Tech Standards.

Module topics include positive decision making, pregnancy and conception, refusal skills, STIs, HIV, how drugs and alcohol affect decision making, the realities of teen parenting, one's place in the community, and future plans. Each module contains interactive, participatory activities designed with the intention that students will better absorb and apply the information to help make positive life choices. Students will have multiple opportunities to learn decision-making throughout the curriculum. Involvement in the activities will familiarize students with scenarios encountered in social and dating environments and give them practice in communicating personal values and beliefs in the area of abstinence.

Learning strategies include video clips, role-playing scenarios, individual research, discussion groups and brainstorming, use of props and models, cross-curricular activities, writing activities, and interactive group activities.

Examples of Activities in Choices Today, Options Tomorrow:

- *The "Choices and Consequences" activity will give students an opportunity to brainstorm potential consequences that follow choice options. They will have the opportunity to match a list of choices with a list of possible consequences. This activity helps students connect choices and decisions in their own lives with possible outcomes.*
- *The "Refusal Skills" skits will contain a set of scripts for the students to role-play scenarios that give them practice in advocating personal abstinence decisions. The skits will consist of a variety of situations adolescents often encounter, including peer pressure from both friends and romantic interests.*
- *For the "STI Statistics" activity, students will analyze how local STI rates compare with state and national STI rate trends. This will allow students to better connect with the topic of STIs.*
- *As part of the "Costs of Parenting" activity students will be given a hypothetical income amount and must learn how to budget to pay all the bills that an average parent would have. For the second part of this activity, students will interview a parent (their parent or another parent they know) to learn about the non-monetary costs of parenting, such as emotional, psychological, and social costs.*

Module and Video Summaries

Module 1: Positive Decision Making

We each make hundreds of decisions a day. Most of those decisions are minor, but some can have life-changing consequences. Students will learn a process for making decisions through gathering information and analyzing potential consequences of their choices. A decision about abstinence from sexual activity will be discussed as a means to show self-value and gain an orientation toward future planning. Resistance and communication skills for upholding one's values will be introduced during this module.

Module 1 Video: Interviews with successful young adults will highlight their view of success, the decisions they made that led to where they are today, barriers they have encountered along the way and how they overcame them. Youth will use a template to complete a plan for their future.

Module 2: Conception and Pregnancy

Pregnancy is often romanticized and conception can be misunderstood. This module takes a factual look at the internal reproductive systems and how pregnancy occurs. Abstinence from sexual activity as the only 100% effective means to avoid a pregnancy will be presented as a responsible, mature choice for protection of one's future. Resistance skills and resources for factual information will be reinforced. (Schools will be asked for their stance on answering questions about birth control during this module. Our educators are trained to answer these questions, but will defer to the school's wishes on how to handle questions.)

Module 2 Video: A conversation with a young woman who became a teen mother will focus on the reality and challenges of being pregnant as a teen.

Module 3: Respecting Yourself: Refusal Skills

Giving and receiving respect is an important component of a healthy relationship. Accomplishing this in the culture of media, family expectations, peer pressure and hormonal changes requires skill-building. Students will have the opportunity to reflect on their own life experiences and analyze the relationships of others to learn how to recognize the signs of healthy and unhealthy relationships. Learning strategies offer multiple options for demonstrating new skills.

Module 3 Video: Teens share candidly about relationship situations they have experienced. They share positive experiences, as well as how they stood up to and dealt with dating pressures and challenges.

Module 4: Sexually Transmitted Infections (STIs)

Adolescents and young adults are disproportionately affected by STIs. Students are often not aware that transmission from one person to another can occur via any type of sexual activity. Rates and symptoms of STIs will be discussed, and students will have an opportunity to analyze how local rate trends compare with national trends. Students will learn about treatment options and diagnostic testing locations. Students will learn how their sexual activity decisions can have an impact on themselves, others, and their future. The benefits of abstinence will be reiterated.

Module 4 Video: Students will learn about how to search for and find reliable online sources about local STI testing and treatment options. They will also learn about the diagnostic process for STI testing.

Module 5: HIV/AIDS

A recent misperception about HIV/AIDS is that it is no longer a risk. The reality is much different and this program will inform students about the true risks of HIV transmission, including information on recent outbreaks. Students will learn about how HIV affects the body, where HIV testing can be administered, and how to prevent becoming infected. Additionally, they will discover information about treatment regimens.

Module 5 Video: Students will learn about how to search for and find reliable online sources about HIV rates and will compile information about the rate of HIV in their state and the nation.

Module 6: Drugs + Alcohol Decrease Choices

Adolescence can be a time of risk-taking. Students will learn how drug and alcohol use not only physically affect the body, but also significantly hinder positive decision-making. Plastinated human organs will illustrate the effects of alcohol and other drugs on the body. Alcohol, marijuana, methamphetamine, and prescription medications will be discussed. Students will also learn about the connection between alcohol/drug use and dating violence, victimization, unintended pregnancy, and STI transmission.

Module 6 Video: A young adult shares their experience of drugs and alcohol and how it affected their life and decisions they made. Students will research the most common locally-used substances.

Module 7: Parenting: A Wake-Up Call

Students will review conception, pregnancy, fetal development and birth. Through the use of a simulated empathy belly, video, and an egg experiment, students will see how pregnancy impacts a female's body. Interactive activities will encourage decision-making regarding parenting from a financial point of view. Students will learn about the other responsibilities of parenting aside from the financial costs. The risks involved in teen pregnancies for both the mother and child will be discussed. The theme of abstinence as a positive choice for achieving future goals will be revisited.

Module 7 Video: An interview with a current teenager and a young female adult who had a child as a teen will provide a side by side comparison of the life of an average teen versus the life of a teen parent.

Module 8: Your Role Now and in the Future

The varying roles of a person in society will be explored. Students will take a deeper look at how present-day decisions will affect their future. Students will also investigate how teen pregnancies affect society. Key points of the curriculum will be revisited and students will reexamine how each decision can negatively or positively affect their own future and the future of those around them.

Module 8 Video: Community leaders will discuss service to the community and how youth can get involved with and volunteer in their organization or similar community organizations.

Academic Standards:

Positive Decision Making (Module 1):

Indiana Health & Wellness Standards:

6: 1.1, 1.2, 1.3, 1.4, 1.7, 1.8, 2.1, 2.2, 2.3, 2.5, 2.7, 2.8, 2.9, 3.2, 3.5, 4.1, 4.2, 5.1, 5.2, 5.4, 5.5, 5.7, 6.2, 6.4, 7.1, 7.2, 7.3, 8.1, 8.2, 8.3

7: 1.1, 1.2, 1.4, 1.7, 1.8, 2.1, 2.2, 2.3, 2.5, 2.7, 2.8, 2.9, 3.1, 3.4, 4.1, 4.2, 4.3, 4.4, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6, 5.7, 6.1, 6.2, 6.3, 6.4, 7.1, 7.2, 7.3, 8.1

8: 1.1, 1.2, 1.5, 1.6, 1.7, 1.8, 1.9, 2.1, 2.2, 2.3, 2.5, 2.7, 2.8, 2.9, 3.2, 3.4, 3.5, 4.1, 4.2, 4.4, 5.1, 5.3, 5.4, 5.5, 5.7, 6.1, 6.2, 6.3, 6.4, 7.1, 7.2, 7.3, 8.1

HW: 1.1, 1.2, 1.5, 1.7, 1.8, 2.1, 2.2, 2.3, 2.5, 2.7, 2.8, 2.9, 3.1, 3.2, 3.4, 4.1, 4.2, 4.4, 5.1, 5.2, 5.4, 5.5, 5.6, 5.7, 6.1, 6.2, 6.3, 6.4, 7.1, 7.2, 7.3, 8.1, 8.2, 8.4

AH: 1.1, 1.2, 1.5, 1.7, 1.8, 1.9, 2.1, 2.2, 2.3, 2.5, 2.7, 2.8, 2.9, 3.1, 3.2, 3.4, 4.1, 4.2, 4.4, 5.1, 5.2, 5.4, 5.5, 5.6, 5.7, 6.1, 6.2, 6.3, 6.4, 7.1, 7.2, 7.3, 8.1, 8.2, 8.3

National Health and Wellness Standards: 1, 2, 3, 4, 5, 6, 7, 8

Conception and Pregnancy (Module 2):

Indiana Health & Wellness Standards:

6: 1.1, 1.2, 1.4, 1.7, 1.8, 2.1, 2.2, 2.5, 2.7, 2.8, 2.9, 3.2, 3.4, 3.5, 4.1, 4.2, 5.1, 5.2, 5.4, 5.5, 5.6, 6.2, 6.4, 7.1, 7.2, 7.3, 8.1, 8.2

7: 1.1, 1.2, 1.5, 1.7, 1.8, 2.1, 2.2, 2.3, 2.5, 2.7, 2.8, 2.9, 3.2, 3.4, 3.5, 4.1, 4.2, 5.1, 5.2, 5.4, 5.5, 5.6, 5.7, 6.1, 6.2, 6.4, 7.1, 7.2, 7.3, 8.1, 8.2

8: 1.1, 1.2, 1.5, 1.7, 1.8, 1.9, 2.1, 2.2, 2.3, 2.5, 2.7, 2.8, 2.9, 3.2, 3.4, 3.5, 4.1, 4.2, 5.1, 5.2, 5.4, 5.5, 5.6, 5.7, 6.1, 6.2, 6.4, 7.1, 7.2, 7.3, 8.1, 8.2

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AH: 1.1, 1.2, 1.5, 1.7, 1.8, 1.9, 2.1, 2.2, 2.3, 2.5, 2.7, 2.8, 2.9, 3.1, 3.2, 3.4, 3.5, 4.1, 4.2, 5.1, 5.2, 5.4, 5.5, 5.6, 5.7, 6.1, 6.2, 6.4, 7.1, 7.2, 7.3, 8.1, 8.2

National Health and Wellness Standards: 1, 2, 3, 4, 5, 6, 7, 8

ISTE Standards: 1d, 3b, 3c, 3d, 4c, 4d, 5b, 6a, 6b

Respecting Yourself-Refusal Skills (Module 3):

Indiana Health & Wellness Standards:

6: 1.1, 1.2, 1.3, 1.4, 1.5, 1.7, 1.8, 2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 2.8, 2.9, 3.2, 3.4, 3.5, 4.1, 4.2, 4.3, 4.4, 5.1, 5.2, 5.4, 5.5, 5.6, 5.7, 6.3, 7.1, 7.2, 7.3, 8.1, 8.2

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AH: 1.1, 1.2, 1.3, 1.5, 1.7, 1.8, 1.9, 2.1, 2.2, 2.3, 2.5, 2.6, 2.7, 2.8, 2.9, 2.10, 3.1, 3.2, 3.4, 3.5, 4.1, 4.2, 4.3, 4.4, 5.1, 5.2, 5.4, 5.5, 5.6, 5.7, 6.3, 7.1, 7.2, 7.3, 8.1, 8.2

National Health and Wellness Standards: 1, 2, 3, 4, 5, 6, 7, 8

ISTE Standards: 1b, 2b, 3b, 3c, 5b, 6a, 6b

STIs (Module 4):

Indiana Health & Wellness Standards:

6: 1.1, 1.2, 1.4, 1.5, 1.7, 1.8, 2.1, 2.2, 2.3, 2.5, 2.6, 2.7, 2.8, 2.9, 3.1, 3.2, 3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.4, 5.1, 5.2, 5.4, 5.5, 5.6, 5.7, 6.3, 7.1, 7.2, 7.3, 8.1, 8.2

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AH: 1.1, 1.2, 1.4, 1.5, 1.7, 1.8, 1.9, 2.1, 2.2, 2.3, 2.5, 2.6, 2.7, 2.8, 2.9, 2.10, 3.1, 3.2, 3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.4, 5.1, 5.2, 5.4, 5.5, 5.6, 5.7, 6.3, 6.4, 7.1, 7.2, 7.3, 8.1, 8.2

National Health and Wellness Standards: 1, 2, 3, 4, 5, 6, 7, 8

ISTE Standards: 1b, 1d, 2b, 3b, 3c, 3d, 4c, 5b, 6a, 6b

HIV/AIDS (Module 5):

Indiana Health & Wellness Standards:

6: 1.1, 1.2, 1.5, 1.6, 1.7, 1.8, 2.1, 2.2, 2.3, 2.5, 2.6, 2.7, 2.8, 2.9, 2.10, 3.1, 3.2, 3.3, 3.4, 3.5, 4.1, 4.4, 5.1, 5.2, 5.4, 5.5, 5.6, 5.7, 6.1, 6.3, 6.4, 7.1, 7.2, 7.3, 8.1, 8.2

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HW: 1.1, 1.2, 1.5, 1.6, 1.7, 1.8, 1.9, 2.1, 2.2, 2.3, 2.5, 2.6, 2.7, 2.8, 2.9, 2.10, 3.1, 3.2, 3.3, 3.4, 3.5, 4.1, 4.4, 5.1, 5.2, 5.4, 5.5, 5.6, 5.7, 6.1, 6.3, 6.4, 7.1, 7.2, 7.3, 8.1, 8.2

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National Health and Wellness Standards: 1, 2, 3, 4, 5, 6, 7, 8

ISTE Standards: 1d, 2b, 3b, 3c, 3d, 4c, 5b, 6a, 6b

Drugs + Alcohol Decrease Choices (Module 6):

Indiana Health & Wellness Standards:

6: 1.1, 1.2, 1.3, 1.4, 1.5, 1.7, 1.8, 2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 2.8, 2.9, 3.2, 3.4, 3.5, 4.1, 4.2, 4.4, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6, 5.7, 6.2, 6.4, 7.1, 7.2, 7.3, 8.1, 8.2

7: 1.1, 1.2, 1.4, 1.5, 1.7, 1.8, 2.1, 2.2, 2.3, 2.5, 2.6, 2.7, 2.8, 2.9, 2.10, 3.1, 3.2, 3.4, 3.5, 4.1, 4.2, 4.4, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6, 5.7, 6.1, 6.3, 6.4, 7.1, 7.2, 8.1, 8.2

8: 1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 1.7, 1.8, 1.9, 2.1, 2.2, 2.3, 2.5, 2.6, 2.7, 2.8, 2.9, 3.2, 3.4, 3.5, 4.1, 4.2, 4.4, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6, 5.7, 6.1, 6.3, 6.4, 7.1, 7.2, 7.3, 8.1, 8.2

HW: 1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 1.7, 1.8, 1.9, 2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 2.8, 2.9, 2.10, 3.1, 3.2, 3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.4, 5.1, 5.2, 5.4, 5.5, 5.6, 5.7, 6.1, 6.3, 6.4, 7.1, 7.2, 7.3, 8.1, 8.2

AH: 1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 1.7, 1.8, 1.9, 2.1, 2.2, 2.3, 2.5, 2.6, 2.7, 2.8, 2.9, 2.10, 3.1, 3.2, 3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.4, 5.1, 5.2, 5.4, 5.5, 5.6, 5.7, 6.1, 6.3, 6.4, 7.1, 7.2, 7.3, 8.1, 8.2

National Health and Wellness Standards: 1, 2, 3, 4, 5, 6, 7, 8

ISTE Standards: 1d, 3b, 3c, 3d, 4c, 5b, 6a, 6b

Parenting: A Wake-Up Call (Module 7):

Indiana Health & Wellness Standards:

6: 1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 1.7, 1.8, 2.1, 2.2, 2.3, 2.5, 2.7, 2.8, 2.9, 3.1, 3.2, 3.4, 3.5, 4.1, 4.4, 5.2, 5.3, 5.4, 5.5, 5.6, 5.7, 6.2, 6.3, 6.4, 7.1, 7.2, 7.3, 8.1, 8.2

7: 1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 1.7, 1.8, 2.1, 2.2, 2.3, 2.5, 2.6, 2.7, 2.8, 2.9, 3.1, 3.2, 3.3, 3.4, 3.5, 4.1, 4.4, 5.1, 5.2, 5.4, 5.5, 5.6, 5.7, 6.2, 6.3, 6.4, 7.1, 7.2, 7.3, 8.1, 8.2

8: 1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 1.7, 1.8, 1.9, 2.1, 2.2, 2.3, 2.5, 2.6, 2.7, 2.8, 2.9, 2.10, 3.2, 3.3, 3.4, 3.5, 4.1, 4.4, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6, 5.7, 6.2, 6.3, 6.4, 7.1, 7.2, 7.3, 8.1, 8.2

HW: 1.1, 1.2, 1.4, 1.5, 1.6, 1.7, 1.8, 1.9, 2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 2.8, 2.10, 3.1, 3.2, 3.3, 3.4, 3.5, 4.1, 4.4, 5.1, 5.2, 5.4, 5.5, 5.6, 5.7, 6.1, 6.2, 6.4, 7.1, 7.2, 7.3, 8.1, 8.2

AH: 1.1, 1.2, 1.4, 1.5, 1.6, 1.7, 1.8, 1.9, 2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 2.8, 2.10, 3.1, 3.2, 3.3, 3.4, 3.5, 4.1, 4.4, 5.1, 5.2, 5.4, 5.5, 5.6, 5.7, 6.1, 6.2, 6.4, 7.1, 7.2, 7.3, 8.1, 8.2

National Health and Wellness Standards: 1, 2, 3, 4, 5, 6, 7, 8

ISTE Standards: 1d, 3b, 3c, 3d, 4c, 5b, 6a, 6b

Your Role Now and in the Future (Module 8):

Indiana Health & Wellness Standards:

6: 1.1, 1.2, 1.5, 1.6, 1.7, 2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 2.8, 3.1, 3.2, 3.3, 3.4, 3.5, 4.1, 4.4, 5.1, 5.2, 5.4, 5.5, 5.6, 5.7, 6.1, 6.2, 6.4, 7.1, 7.2, 7.3, 8.1, 8.2

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8: 1.1, 1.2, 1.5, 1.6, 1.7, 2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 2.8, 3.1, 3.2, 3.3, 3.4, 3.5, 4.1, 4.4, 5.1, 5.2, 5.4, 5.5, 5.6, 5.7, 6.1, 6.2, 6.4, 7.1, 7.2, 7.3, 8.1, 8.2

HW: 1.1, 1.2, 1.5, 1.6, 1.7, 2.1, 2.2, 2.3, 2.5, 2.6, 2.7, 2.8, 2.10, 3.1, 3.2, 3.3, 3.4, 3.5, 4.1, 4.4, 5.1, 5.2, 5.4, 5.5, 5.6, 5.7, 6.1, 6.2, 6.4, 7.1, 7.2, 7.3, 8.1, 8.2

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