



My Body Belongs to me

ASCA Alignment

Alignment by Dr. Danielle Schultz

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Book Title: *My Body Belongs to Me* by Jill Starishevsky

The ASCA Mindsets & Behaviors for Student Success: K-12 College- and Career-Readiness Standards for Every Student

Each of the following standards can be applied to the academic, career and social/emotional domains.

Category 1: Mindset Standards

1.	Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being
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Category 2: Behavior Standards

Learning Standards

1.	Demonstrate critical-thinking skills to make informed decisions
9.	Gather evidence and consider multiple perspectives to make informed decisions

Self-Management Skills

7.	Demonstrate effective coping skills when faced with a problem
9.	Demonstrate personal safety skills

Social Skills

1.	Use effective oral and written communication skills and listening skills
3.	Create relationships with adults that support success
5.	Demonstrate ethical decision-making and social responsibility
8.	Demonstrate advocacy skills and ability to assert self, when necessary
9.	Demonstrate social maturity and behaviors appropriate to the situation and environment

ASCA MINDSET AND BEHAVIOR STANDARDS: MS.1, BS.LS.1, BS.LS.9, BS.SMS.7, BS.SMS.9, BS.SMS.10, BS.SS.1, BS.SS.3, BS.SS.5, BS.SS.8, BS.SS.9