



# We Are in Charge of Our Bodies

ASCA Alignment

Alignment by Dr. Danielle Schultz

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**Book Title:** *We Are in Charge of Our Bodies* by Lydia Byers

**ASCA Student Standards: Mindsets & Behaviors for Student Success K-12 College-, Career- and Life-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:** School counselors encourage the following mindsets for all students.

M 1.	Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being
M 2.	Sense of acceptance, respect, support and inclusion for self and others in the school environment

**Category 2: Behavior Standards:** School counselors provide culturally sustaining instruction, appraisal and advisement, and counseling to help all students demonstrate:

**Learning Strategies**

B-LS 1.	Critical-thinking skills to make informed decisions
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**Self-Management Skills**

B-SMS 9.	Personal safety skills
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**Social Skills**

B-SS 1.	Effective oral and written communication skills and listening skills
B-SS 3.	Positive relationships with adults to support success
B-SS 8.	Advocacy skills for self and others and ability to assert self, when necessary

**ASCA Student Standards:** M 1, M 2, B-LS 1, B-SMS 9, B-SS 1, B-SS 3, B-SS 8