

## Baldwin County School Counseling Curriculum & Resources

### Seventh Grade

District-supported curriculum programs and materials are outlined below.

Program	Description
<b>Prevention and Awareness of Total Health (P.A.T.H.)</b>	<p><b>P.A.T.H.</b> - The Prevention &amp; Awareness for Total Health curriculum provides a comprehensive approach to teaching students foundational wellness concepts. The curriculum is centered around four mandated prevention topics and embeds additional life skills and character traits. We want our students to be well-equipped with life-long skills that will help them combat challenges, protect physical health and safety, foster kindness, enhance relationships, promote mental wellness, and build positive coping skills and resilience.</p> <p>Baldwin County School District offers comprehensive counseling guidance lessons as part of our educational program. These lessons aim to support students' foundational wellness and cover a range of topics relevant to their overall well-being.</p> <p><i>Parents have the option to <b>opt-out</b> their children from these classroom lessons. To do so, parents must complete and sign the district wide opt-out form provided at the beginning of the school year from their school counselor.</i></p> <p><b>LOCATION/ACCESS:</b> Stored in each school counselor's office (locations vary)</p>
<b>Kuder Navigator</b>	<p><b>Kuder Navigator</b> - This platform offers career assessment, planning tools, and educational resources to help middle and high school students explore career options, set goals, and plan their educational paths.</p> <p><b>LOCATION/ACCESS:</b> Online, available through the student portal</p>
<b>You Are Unique</b>	<p><b>You Are Unique</b> is a program that educates students on self- esteem, goal setting, and good decision making, particularly regarding sex. The program educates students about the physical and emotional consequences of premarital sex, and it gives very practical ways for students to say "no."</p> <p><i>*Parents must <b>opt-in</b> in order for students to participate in this two lesson program. To do so, parents must complete and return the opt-in form provided to parents before participating in the lessons.</i></p> <p><b>LOCATION/ACCESS:</b> The Women's Care Medical Center</p>

