Alabama Health Education

Grade 7

Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Health Promotion

1 Summarize the interrelationship of emotional, social, and physical health. 7.1.1

- a Determine how peers may affect the six dimensions of health. 7.1.1.A
- b Illustrate how changing family dynamics can affect health. Examples: divorce, relocating, death 7.1.1.B

2 Predict the risk of injury or illness if engaging in unhealthy behaviors. Examples: riding in the bed of a pick-up truck, biking without a helmet, riding without a seat belt 7.1.2

- a Give examples of dangers associated with the use of alcohol, tobacco or other drugs. 7.1.2.A

3 Determine barriers to practicing healthy behaviors. Examples: lack of finances, access to health services, social support 7.1.3

- a Examine how nutritional choices and psychological issues may lead to eating disorders. 7.1.3.A

4 Predict the consequences of engaging in unhealthy behaviors. 7.1.4

- a Discuss ways to prevent obesity. 7.1.4.A
- b Determine health risks associated with body pi 7.1.4.B

5 Research family medical history and how it impacts personal health now and in the future. 7.1.5

- a Discuss hereditary diseases that impact personal health and wellness. 7.1.5.A

Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Analyzing Influences

1 Describe how family values and behaviors influence the health of adolescents. Examples: eating family meals daily, participating in physical activity, practicing open communication 7.2.1

2 Explain how communities can affect personal health practices and behaviors. Examples: public policies regarding water pollution, air quality, tobacco use 7.2.2

3 Describe how the media can send mixed messages about health. Examples: advertisements concerning tobacco, alcohol, and nutrition 7.2.3

4 Explain how school and public health policies can influence health promotion and disease prevention. Examples: vending machine selections, vaccination requirements, wellness checkups 7.2.4

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5 Discuss how risky choices influence the likelihood of unhealthy behaviors, including tobacco use increasing the risk of using other drugs and peer pressure to consume alcohol. 7.2.5

Students will demonstrate the ability to access valid information, products, and services to enhance health.

Access to Information

1 Distinguish between facts and myths of health information. 7.3.1

a Examine beliefs concerning the transmission of HIV/AIDS; distinguish between fact and fallacy. 7.3.1.A

2 Demonstrate the ability to locate valid school and community health resources. Examples: health clinic, school wellness committee, school nurse, local health department 7.3.2

Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Interpersonal Communication

1 Discuss effective conflict management or resolution strategies. Example: five steps to resolve conflict: calm down, state and understand the problem, apologize, promote solution finding, followup 7.4.1

2 Model refusal skills that avoid or reduce health risks. Examples: role playing how to effectively handle bullying, harassment, and peer pressure situations 7.4.2

3 Demonstrate skills that avoid conflict. Examples: asking someone respectfully not to smoke, practice active listening, reacting sensibly, communicating clearly, practicing patience 7.4.3

Students will demonstrate the ability to use decision-making skills to enhance health.

Decision -Making

1 Distinguish when a self-decision should be made or if help should be sought from a responsible adult. Examples: friends begin drinking, unsafe situation arises at school, suicidal friend, suspected abuse, seat belt use, suicidal thoughts 7.5.1

a Determine when it is necessary to ask for assistance when making a health choice. Examples: friend begins to self- harm, negative peer pre 7.5.1.A

2 Analyze healthy alternatives over unhealthy alternatives when making decisions. Examples: eating regular meals vs. skipping meals, choosing healthy snacks vs. junk food, getting proper exercise vs. too much screen time 7.5.2

Students will demonstrate the ability to use goal-setting skills to enhance health.

Goal -Setting

1 Assess current personal health practices and set a goal to adopt, maintain, or improve one or more health practices. 7.6.1

2 Describe changing abilities, priorities, and responsibilities that impact personal health goals. Examples: age, injuries, changing jobs, leaving active school life to work, sedentary to walking, walking to jogging, jogging to running; eating poorly to making healthy food choices leading to weight loss or weight gain 7.6.2

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elf-Management

to practice health-enhancing behaviors and avoid or reduce health risks.	1 State the importance of assuming responsibility for personal health behaviors and avoiding risky behaviors. Examples: fast food vs. My Plate recommendations, screen time vs. active living 7.7.1 2 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others. Examples: practicing proper use of prescription medications, good nutrition, proper rest, regular exercise; avoiding driver distractions 7.7.2
Students will demonstrate the ability to advocate for personal, family, and community health.	**Advocacy** 1 Create ways to influence and support others in making positive health choices. Examples: using social media campaigns, YouTube live campaign, posters; addressing local school board with the need for quality physical education and healthier food choices 7.8.1 2 Describe which advertising appeals are being used in various advertisements. Examples: bandwagon appeal, brand loyalty appeal, sex appeal 7.8.2