

Grade 7

Adopted 2021

Seventh Grade (17.00800)

- 1. Comprehend concepts related to health promotion and disease prevention to enhance health. [HE7.1](#)**
 - a.** Assess how healthy behaviors influence personal health and well-being. [HE7.1.A](#)
 - b.** Describe the interrelationship of emotional, social, and physical health in adolescence. [HE7.1.B](#)
 - c.** Cite how family history can impact personal health and well-being. [HE7.1.C](#)
 - d.** Analyze how the environment can impact personal health. [HE7.1.D](#)
 - e.** Explain ways to reduce or prevent health risks among adolescents. [HE7.1.E](#)
 - f.** Examine the risk of injury or illness if engaging in unhealthy behaviors. [HE7.1.F](#)
 - g.** Examine the dynamics of healthy and unhealthy relationships, including the right to refuse sexual contact, the legal ramifications of sexual assault, and reporting to a trusted adult. [HE7.1.G](#)

2. Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. HE7.2

- a. Investigate how the values and behaviors of those close to you influence your health. HE7.2.A
- b. Discuss the influence of culture on health behaviors. HE7.2.B
- c. Compare how family and other factors influence personal health and well-being. HE7.2.C
- d. Examine how information from the media influences personal health and well-being. HE7.2.D
- e. Interpret the influence of technology on personal health beliefs. HE7.2.E
- f. Explain the harmful effects of sexually explicit media, messaging, and images on self-esteem body image, and relationships. HE7.2.F
- g. Indicate how the perceptions of norms influence healthy and unhealthy behaviors. HE7.2.G
- h. Describe the influence of personal beliefs on health practices and behaviors. HE7.2.H
- i. Discuss how choices can influence the likelihood of healthy or unhealthy behaviors. HE7.2.I
- j. Interpret how school and public health policies can influence disease prevention. HE7.2.J

3. Demonstrate the ability to access valid information, products, and services to enhance health. HE7.3

- a. Examine and differentiate the validity of health information, products, and services for disease prevention and health promotion. HE7.3.A
- b. Access valid health information from home, school, and community that enhances health. HE7.3.B
- c. Investigate the accessibility of products that enhance health. HE7.3.C
- d. Describe circumstances that may require professional health services and resources. HE7.3.D

4. Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. HE7.4

- a. Apply effective verbal and nonverbal communication skills to enhance personal health and well-being. HE7.4.A
- b. Demonstrate effective conflict management or resolution strategies and model refusal and negotiation skills that avoid or reduce health risks. HE7.4.B

5. Demonstrate the ability to use decision-making skills to enhance health. HE7.5

- a. Describe situations that can help or hinder making a healthy decision and identify situations where making those decisions are more likely to occur. HE7.5.A
- b. Determine when an individual or collaborative decision-making is appropriate. HE7.5.B
- c. Differentiate between healthy and unhealthy alternatives to health-related issues or problems HE7.5.C
- d. Relate the potential short-term impact of each alternative to health-related issues or problems on self and others. HE7.5.D
- e. Select healthy alternatives over unhealthy alternatives when making a decision. HE7.5.E
- f. Examine the outcomes of a health-related decision. HE7.5.F

6. Demonstrate the ability to use goal-setting skills to enhance health. HE7.6

- a. Examine the effectiveness of personal health practices. HE7.6.A
- b. Select a personal health practice goal to improve personal health practice. HE7.6.B
- c. Demonstrate the skills necessary to achieve a personal health goal. HE7.6.C
- d. Relate how personal health goals can vary with differing skills and priorities. HE7.6.D

7. Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. HE7.7

- a. Describe the importance of accepting responsibility for personal health behaviors. HE7.7.A
- b. Create personal examples of healthy behaviors that will maintain or improve the health of self and/or others HE7.7.B
- c. Demonstrate behaviors to avoid or reduce health risks to self and/or others. HE7.7.C
- d. Demonstrate how to treat all individuals with respect and dignity. Learning how to appropriately disagree with others is a valued skill set. HE7.7.D

8. Demonstrate the ability to advocate for personal, family, and community health. HE7.8

- a. Support a health-enhancing position with evidence-based information. HE7.8.A
- b. Demonstrate strategies that influence and support others to make positive health choices. HE7.8.B
- c. Collaborate with others to advocate for the health of individuals and families. HE7.8.C
- d. Analyze the ways that health messages can be altered to reach different audiences. HE7.8.D