Georgia Health Education

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

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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

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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

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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