

Grade 7

Adopted 2007

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

1. The student will describe how lifestyle, pathogens, family history, and other risk factors are related to the cause or prevention of disease and other health problems.
 - Alcohol and Other DrugsCommunity and Environmental HealthFamily Life and SexualityInjury PreventionMental HealthNutritionPersonal and Consumer HealthPhysical ActivityTobacco

2. The student will explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and other health problems.
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3. The student will identify ways to reduce risks related to early adolescent health problems.
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Students will analyze the influence of culture, media, technology, and other factors on health behaviors.

1. The student will describe the influence of cultural beliefs on health behaviors.
2. The student will analyze the influence of medical advances on personal and family health.

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

1. The student will compare the costs and validity of health products.
2. The student will describe situations requiring professional health services.

Students will demonstrate the ability to use interpersonal communication skills to enhance health and

1. The student will describe how the behavior of family and peers affects interpersonal communication.
2. The student will demonstrate refusal skills to enhance health.

avoid or reduce health risks.

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

- 1. The student will predict how decisions regarding health behaviors have consequences for self and others.**

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

- 2. The student will describe how personal health goals are influenced by changing information, abilities, priorities, and responsibilities.**

Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- 1. The student will explain the importance of assuming responsibility for personal health behaviors.**
- 2. The student will demonstrate strategies to improve or maintain personal and family health.**
- 3. The student will develop injury prevention and management strategies for personal and family health.**

Students will demonstrate the ability to advocate for personal, family, and community health.

- 1. The student will analyze information and opinions about health issues.**
- 2. The student will identify barriers to effective communication of information, ideas, feelings, and opinions about health issues.**
- 3. The student will demonstrate the ability to work cooperatively when advocating for healthy individuals, families, and communities.**