

Grade 7

Adopted 2012

Comprehend concepts related to health promotion and disease prevention to enhance health.

Identify behaviors for effectively handling peer pressure and stress.

Analyze how hygiene, posture, and self-image affect overall health.

Give examples of communicable diseases and discuss transmission and methods of prevention.

Describe the effects of puberty on social and emotional behavior.

Propose ways in which improving the environment can enhance physical, mental, and social health.

Describe the relationship between tobacco and alcohol use and how it affects the development of serious health problems.

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

Describe the influence of culture on health behaviors.

Analyze how the media and other sources influence health behavior.

Explore technology and other resources to improve personal and family health.

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

Critique sources of information regarding health products and services to determine if they are reliable or unreliable.

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

Demonstrate various forms of effective communication.

Demonstrate strategies to manage conflict in healthy ways.

Examine how to handle difficult interpersonal situations through effective communication.

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

Demonstrate the ability to apply decision-making models to health issues and problems.

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

Apply strategies and skills needed to attain goals that will contribute to a healthy active lifestyle.

Develop an action plan for achieving a personal health goal.

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

Demonstrate practices of making safe choices.

Distinguish among use, misuse, and abuse of substances.

Identify how a properly balanced diet and exercise influence healthy body weight.

List health professionals that provide education, counseling services, and treatment to prevent communicable disease.

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

Demonstrate an ability to influence others to become involved in healthy community projects.