North Carolina Health Education

Seventh Grade

Mental and Emotional Health

1 **Analyze the relationship between healthy expression of emotions, mental health, and healthy behaviors.** 7.MEH.1

- 1 Explain how emotions change during adolescence. 7.MEH.1.1
- 2 Describe the potential outcomes of impulsive behaviors. 7.MEH.1.2
- 2 Identify resources for mental and emotional health. 7.MEH.1.3

2 **Evaluate positive stress management strategies.** 7.MEH.2

- 1 Assess a variety of stress management techniques. 7.MEH.2.1
- 2 Design a stress management plan. 7.MEH.2.2

3 **Identify help-seeking strategies for mental health challenges.** 7.MEH.3

- 1 Identify numerous resources that would be appropriate for supporting mental health challenges. 7.MEH.3.1
- 2 Implement strategies to seek help from a parent, guardian, or trusted adult when noticing harmful and/or negative thoughts or behaviors. 7.MEH.3.2

Personal and Consumer Health

1 **Understand wellness, disease prevention, and recognition of symptoms.** 7.PCH.1

- 1 List personal behaviors that are risk factors of chronic illnesses. 7.PCH.1.1
- 2 Name the social determinants of health and how they relate to chronic illnesses. 7.PCH.1.2
- 3 Explain mental and physical consequences of inadequate rest and sleep. 7.PCH.1.3
- 4 Explain the effects of excessive sun exposure on your overall health and the importance of regular skin checks. 7.PCH.1.4

2 **Analyze the immune system in terms of the organs, their functions, and their interrelationships.** 7.PCH.2

- 1 Describe the parts of the immune system and their purpose. 7.PCH.2.1
- 2 Explain how the immune system functions to protect the body. 7.PCH.2.2
- 3 Identify strategies to protect your immune system. 7.PCH.2.3

3 **Demonstrate health literacy when evaluating health claims for misinformation and bias.** 7.PCH.3

- 1 Identify resources that help to make educated decisions on health services and products. 7.PCH.3.1

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2 Discuss misconceptions about health and the efficacy of health products and services. 7.PCH.3.2

4 Analyze necessary steps to prevent and respond to unintentional injury. 7.PCH.4

1 Deconstruct the interaction of individual behaviors, the environment, and other factors that cause or prevent injuries. 7.PCH.4.1

2 Demonstrate techniques of basic first aid and procedures for treating injuries and emergencies. 7.PCH.4.2

3 Design plans that reduce the risk of fire-related injuries at home, in school, and in the community at large. 7.PCH.4.3

4 Create a plan to reduce the risk of water-related injuries. 7.PCH.4.4

Interpersonal Communications and Healthy Relationships

1 Understand healthy and effective interpersonal communications and relationships. 7.ICHR.1

1 Contrast characteristics of healthy and unhealthy relationships. 7.ICHR.1.1

2 Predict short-term and long-term consequences of violence to perpetrators, victims, and bystanders. 7.ICHR.1.2

3 Demonstrate safe and effective ways to manage and resolve conflict. 7.ICHR.1.3

4 Identify risks of becoming a perpetrator or victim of bullying via social media. 7.ICHR.1.4

5 Recognize that all people have inherent value and dignity and contribute much in life, regardless of differences. 7.ICHR.1.5

6 Discuss the appropriate role of bystander in preventing and stopping bullying and violence. 7.ICHR.1.6

2 Explain the physical, social, and emotional benefits of choosing to abstain from sexual activity until marriage. 7.ICHR.2

1 Explain how family, peers, culture, media, technology, and other factors can affect sexual health decisions including remaining abstinent from sexual activity until marriage. 7.ICHR.2.1

2 Analyze the meaning of the term abstinence in the context of sexual health and living a healthy life. 7.ICHR.2.2

3 Explain that sexual activity includes physical contact between individuals involving intimate/private areas of the body that can potentially result in pregnancy, STIs, and/or emotional consequences. 7.ICHR.2.3

3 Explain strategies that develop and maintain reproductive and sexual health. 7.ICHR.3

1 Recognize common STIs (including HIV & HPV), modes of transmission, symptoms, effects if untreated, and FDA-approved methods of prevention. 7.ICHR.3.1

Summarize the FDA-approved methods for avoiding unwanted pregnancy. 7.ICHR.3.2

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3 List ways that different forms of sexual assault and sexual abuse can physically, mentally, or emotionally harm a person. 7.ICHR.3.3

4 Explain sex trafficking and the ways victims are groomed and recruited. 7.ICHR.3.4

5 Explain the importance of reporting actual or suspected sexual abuse of self or others to a parent, guardian, trusted adult, or local authority. 7.ICHR.3.5

6 Recognize abstinence is the only certain means of avoiding pregnancy, sexually transmitted infections and other associated health and emotional problems. 7.ICHR.3.6

Nutrition and Physical Activity

1 **Apply resources to plan and employ balanced nutrition and physical activity plans.** 7.NPA.1

1 Develop a balanced dietary plan. 7.NPA.1.1

2 Develop a balanced physical activity plan. 7.NPA.1.2

3 Identify the health benefits of consuming adequate amounts of water. 7.NPA.1.3

2 **Apply healthy nutrition and physical activity concepts to enhance quality of life.** 7.NPA.2

1 Design goals for enhancing physical activity and strategies for achieving those goals. 7.NPA.2.1

2 Implement a personal health plan that balances nutrition and physical activity. 7.NPA.2.2

Alcohol, Nicotine, Cannabis, and other Drugs

1 **Analyze the health risks associated with alcohol, nicotine, cannabis, drugs, and other mind-altering substances.** 7.ANCOD.1

1 Explain the link between addiction to alcohol, nicotine, cannabis, drugs, and other mind- altering substances to chronic disease and other risky behaviors. 7.ANCOD.1.1

2 Explain health risks resulting from injection drug use. 7.ANCOD.1.2

3 Discuss consequences of over the counter and prescription medicine misuse. 7.ANCOD.1.3

4 Explain how drug dependence and addiction create barriers to achieving personal goals. 7.ANCOD.1.4

2 **Explain how drug use can negatively impact decision making and problem solving.** 7.ANCOD.2

1 Develop strategies to avoid nicotine products, alcohol, cannabis, and other drugs. 7.ANCOD.2.1

2 Discuss methods of avoiding peer pressure and social media pressures regarding nicotine products. 7.ANCOD.2.2