Oregon Health

Grade 7

Wellness and Health Promotion WHP	1	**Describe how personal values, self-esteem, and identity affect personal health.** 7.WHP.1
	2	**Analyze how personal practices and behaviors reduce or prevent disease, including health screenings.** 7.WHP.2
	3	**Describe the connections between oral health and overall health.** 7.WHP.3
	4	**Set a personal health goal for a habit that promotes physical, social, emotional, mental, and environmental health.** 7.WHP.4
	5	**Practice and demonstrate communication skills to improve personal health, including communicating with healthcare providers.** 7.WHP.5
	6	**Analyze the influence of family, school, peers, culture, technology, media, social media, personal values, and perceived norms on the dimensions of health.** 7.WHP.6
	7	**Evaluate how social determinants of health influence health outcomes.** 7.WHP.7
Safety and First Aid SFA	1	**Discuss how to reduce the risk of unintentional injuries for individuals, families, and communities.** 7.SFA.1
	2	**Identify unsafe situations at home, at school, and in communities that can lead to injury and describe possible strategies to reduce risk.** 7.SFA.2
	3	**Demonstrate how to administer basic first aid, hands-only cardiopulmonary resuscitation (CPR), and use of an automated external defibrillator (AED).** 7.SFA.3
	4	**Demonstrate how to ask for help to promote personal safety and injury prevention for self and others.** 7.SFA.4
	5	**Recognize common ways to make spaces safer and more accessible for people with disabilities and why it is important.** 7.SFA.5
	6	**Describe basic fire safety and wildfire prevention steps.** 7.SFA.6
	7	**Describe strategies for using social media safely, legally, and respectfully.** 7.SFA.7
Su an	Skip to main content	**valuate the differences between addictive behavior, addiction, and dependence nd their impacts on self and society.** 7.SUB.1

	2	**Analyze the effects of substance use, misuse, and abuse on communities and society.** 7.SUB.2
	3	**Analyze the outcomes of making decisions to not use alcohol, marijuana/cannabis, tobacco, anabolic steroids, and other drugs.** 7.SUB.3
	4	**Explore data on current trends around opioids, including fentanyl, and other substance use, misuse, and abuse.** 7.SUB.4
	5	**Describe the social and economic consequences of substance use, misuse, abuse on self, families, and communities.** 7.SUB.5
	6	**Examine risk and protective factors to prevent use, misuse, and abuse of substances, and list alternatives to using.** 7.SUB.6
	7	**Analyze how personal and family beliefs can affect decisions about substance use.** 7.SUB.7
	8	**Demonstrate how to ask a trusted adult for help accessing resources for self and others regarding situations related to the use of alcohol, tobacco, and other drugs.** 7.SUB.8
	9	**Describe situations that require professional substance abuse treatment services and locate valid information and community resources.** 7.SUB.9
Food, Nutrition, and Physical Activity FNP	1	**Discuss how food waste and the environment are interconnected.** 7.FNP.1
	2	**Analyze ways that media influence our decisions around food and physical activity.** 7.FNP.2
	3	**Compare and contrast the nutrient density between ultra-processed, minimally processed, or non processed foods and snacks.** 7.FNP.3
	4	**Compare and contrast the differences in community or geographic access to nutrient dense foods.** 7.FNP.4
	5	**Identify the oral health benefits of hydrating with non-sugar sweetened beverages.** 7.FNP.5
	6	**Identify the social, emotional, and cognitive benefits of eating nutrient dense foods and engaging in regular physical activity.** 7.FNP.6
	7	**Identify how personal food and beverage choices, including eating times, affects health and well being.** 7.FNP.7
	8	**Describe personal hunger and fullness cues.** 7.FNP.8
	9	**Describe common food allergies and how to manage them.** 7.FNP.9

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Social, Emotional, and Mental Health SEM	1	**TSEL Practice 1D Analyze personal and social intersectional identities and positionality, and how they relate to one's interests, purpose, and sense of belonging.** 7.SEM.1
	2	**TSEL Practices 2B Use management strategies while recognizing that various situations and environments may require different approaches for achieving personal and collective goals and aspirations in ways that affirm one's identity.** 7.SEM.2
	3	**Identify and discuss causes, symptoms, and impacts of depression, anxiety, including eating disorders and disordered eating, trauma, self-harm, and suicide.** 7.SEM.3
	4	**Describe how mental health professionals and other trusted adults can help prevent, treat, and heal from mental health challenges, including suicidal thoughts, eating disorders, and disordered eating.** 7.SEM.4
	5	**Develop a plan to practice effective and appropriate communication skills via electronic devices and social media to prevent and resolve interpersonal conflict.** 7.SEM.5
	6	**Identify how connecting with the community, and personal and cultural identity development contribute to mental health.** 7.SEM.6
	7	**Discuss resiliency and the strategies that individuals and communities use to promote health, overcome health and mental health challenges, address barriers to health, and promote health equity and justice.** 7.SEM.7
	8	**Identify laws related to student mental health days and age of consent to mental health services.** 7.SEM.8
Healthy Relationships and Violence/Abuse Prevention HRVP	1	**TSEL Practice 3A Demonstrate awareness and understanding of the similarities and differences that define, influence, and affirm personal and collective identities.** 7.HRVP.1
	2	**Discuss the right of all people to decide if, when and, with whom to be in a relationship.** 7.HRVP.2
	3	**Identify strategies to maintain a safe relationship, end an unsafe, inequitable, or unhealthy relationship, manage conflict, and navigate rejection.** 7.HRVP.3
	4	**Compare multiple external influences that have an impact on one's attitudes about gender and gender identity.** 7.HRVP.4
	5	**Explain the impact that media, including social media, sexually explicit media and sexting, can have on one's body image and self-esteem.** 7.HRVP.5

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	6	**Develop a decision making model to determine if and how to intervene and support a person who is being harassed, bullied, or coerced, including assessing when and how and how it is safe to do so.** 7.HRVP.6
	7	**Analyze dating violence and sexual violence, including harassment, abuse, and trafficking, and their impact on physical, social, emotional, and mental health.** 7.HRVP.7
	8	**Explain why a survivor/victim of interpersonal violence, including sexual violence and trafficking, is never to blame for the actions of the person who perpetrates the violence.** 7.HRVP.8
	9	**Identify strategies that people might use to traffic and exploit youth, actions to prevent and counter trafficking, and places to get help.** 7.HRVP.9
	10	**Identify state and federal laws on sexual consent and mandatory reporting.** 7.HRVP.10
Growth and Development GD	1	**Discuss how peers, media, family, and culture can influence self-concept, body image, and self-esteem.** 7.GD.1
	2	**Describe how puberty can prepare human bodies for the potential to reproduce and that some people have conditions that impact the ability to reproduce.** 7.GD.2
	3	**Describe human reproductive systems, including the external and internal body parts and their functions, and variations in human bodies, including intersex conditions.** 7.GD.3
	4	**Access medically accurate, not fear- or shame- based, comprehensive, and inclusive sources of information about sexual and romantic orientation.** 7.GD.4
Sexual and Reproductive Health SRH	1	**Analyze how peers, family, media, society, culture, and a person's intersecting identities can influence attitudes, beliefs, and expectations about sexuality** 7.SRH.1
	2	**Apply a decision-making model to choices about engaging in sexual behaviors.** 7.SRH.2
	3	**Describe a range of ways a viable pregnancy can occur.** 7.SRH.3
	4	**Explain there are many methods of short- and long-term contraception that are safe and effective and describe how to access them.** 7.SRH.4
	5	**Describe pregnancy testing, the signs of pregnancy, and pregnancy options, including parenting, abortion, and adoption.** 7.SRH.5
	6	**Discuss the symptoms and treatments of various sexually transmitted infections (STIs), including HIV/AIDS.** 7.SRH.6

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7 **Describe the steps to using barrier methods correctly, including external and internal condoms and dental dams.** 7.SRH.7

8 **Identify medically accurate sources of information about comprehensive sexual and reproductive health.** 7.SRH.8

9 **Examine how discrimination and racism negatively impact sexual and reproductive health.** 7.SRH.9