South Carolina Health and Safety Education

Grade 7

Adopted 2017

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

1. **Compare and contrast drug misuse, drug abuse, and drug dependence.** D-7.1.1
2. **Describe risks associated with alcohol, tobacco, and other drugs (ATOD)-use, abuse, and addiction.** D-7.1.2
3. **Define opioid prescription medication and drugs.** D-7.1.3
4. **Discuss the impact of ATOD use and abuse on individuals, peers, and family members.** D-7.1.4

1. **Explain the structures and functions of the male and female reproductive systems.** G-7.1.1
2. **Describe the advantages of abstinence.** G-7.1.2
3. **Describe the scientific processes of fertilization, pregnancy, fetal development, and childbirth.** G-7.1.3
4. **Describe signs and symptoms and effective treatment of sexually transmitted infections and diseases (STIs/STDs), human immunodeficiency virus (HIV), and acquired immunodeficiency disease (AIDS).** G-7.1.4
5. **Explain effective methods for the prevention of STIs/STDs, HIV, and AIDS.** G-7.1.5
6. **Explain effective methods for the prevention of unintended pregnancy in the context of future family planning.** G-7.1.6
7. **Discuss the impact of bullying, cyberbullying, dating violence, domestic violence, sexual harassment, rape, sexual assault, sexual abuse, and consent.** G-7.1.7
8. **Discuss South Carolina laws related to the sexual conduct of minors, including criminal sexual conduct through the use of technology.** G-7.1.8

1. **Explain the consequences of gangs and bullying/cyberbullying.** I-7.1.1
2. **Illustrate emergency situations (e.g., choking, drowning, poisoning) and safe methods of responding to them (e.g., cardiopulmonary resuscitation (CPR) and universal precautions).** I-7.1.2

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	1. Demonstrate effective ways to communicate personal boundaries and show respect for the boundaries of others. M-7.1.1
	1. Explain reasons why a person should follow the current federal Dietary Guidelines for Americans. N-7.1.1
	2. Analyze the benefits of healthy eating in relation to disease prevention. N-7.1.2
	3. Identify signs and symptoms of disordered eating. N-7.1.3
	4. Define hydration and explain its benefits during physical activity. N-7.1.4
	5. Explain the benefits of engaging in moderate to vigorous physical activity daily. N-7.1.5
	6. Analyze the relationship between healthy foods and beverages, calories, and physical activity. N-7.1.6
	7. Explain safe food handling and preparation. N-7.1.7
	1. Identify strategies to prevent or lessen common adolescent health issues (e.g., acne, disordered eating, inactivity). P-7.1.1
	2. Explain how oral health problems can affect overall health. P-7.1.2
	3. Determine ways that hereditary and environmental factors affect personal health. P-7.1.3
Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	1. Analyze the influence of culture and the media on ATOD use and nonuse. D-7.2.1
	1. Analyze ways that culture and the media influence an individual's food choices and physical activity. N-7.2.1
	2. Examine the influence of screen time on the physical activity levels of adolescents. N-7.2.2
	1. Explain ways that personal perceptions of social norms influence healthy and unhealthy behaviors. P-7.2.1
	2. Analyze ways that environmental conditions affect personal and community health. P-7.2.2
Students will demonstrate the ability to access valid information, products, and services to enhance he	1. Access valid resources for ATOD related problems. D-7.3.1
	1. Demonstrate the ability to access valid information and resources related to reproductive health and STIs/STDs, HIV, and AIDS. G-7.3.1
	Locate valid information and resources related to dating violence, sexual harassment, sexual abuse, and sexual assault. G-7.3.2

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	1. Demonstrate the ability to utilize resources at home and in the school and community that provide valid safety information and services. I-7.3.1
	1. Identify situations that may require professional mental, emotional, and social health services. M-7.3.1
Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	1. Demonstrate communication and refusal skills to promote empathy, abstinence, and healthy relationships and to avoid risk behaviors. G-7.4.1
	1. Analyze effective conflict management or resolution strategies. I-7.4.1
	2. Demonstrate communication and refusal skills to promote boundary setting when using technology (e.g., social media, sexting). I-7.4.2
	1. Explain how talking about feelings and emotions promotes mental health. M-7.4.1
	2. Describe ways to treat self and others with dignity and respect. M-7.4.2
	3. Describe ways to respond when someone is being bullied or harassed. M-7.4.3
	4. Demonstrate communication skills that foster healthy relationships. M-7.4.4
	1. Demonstrate how to ask for assistance to enhance the health of self and others. P-7.4.1
Students will demonstrate the ability to use decision-making skills to enhance health.	1. Apply a decision-making process to issues dealing with ATOD. D-7.5.1
	2. Explain ways a person's decisions about ATOD affect relationships with family members and peers. D-7.5.2
	1. Apply a decision-making process to promote abstinence and to avoid risk behaviors. G-7.5.1
	1. Develop a plan for the safe use of technology, including social media and texting. I-7.5.1
	1. Compare food choices from a variety of sources, including restaurants and food at home, to the current federal Dietary Guidelines for Americans. N-7.5.1
Students will demonstrate the ability to use goal-setting skills to enhance health.	1. Set a specific, measurable, attainable, realistic, and timely (SMART) goal to achieve a balanced nutrition plan. N-7.6.1
	2. Create a SMART goal to increase physical activity by monitoring the progress of that goal and making the necessary adjustments to reach it. N-7.6.2
	Explain ways that health goals can vary with changing abilities, priorities, and responsibilities. P-7.6.1

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	2. Develop a SMART goal to adopt, maintain, or improve a personal health practice (e.g., avoid ATOD; promote safety; brush and floss teeth). P-7.6.2
Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.	1. Discuss guidelines for using prescription and over-the-counter (OTC) drugs properly. D-7.7.1
	1. Develop injury prevention and treatment strategies for personal and family health. I-7.7.1
	1. Discuss coping strategies for managing stress, anger, and other feelings, including depression, and thoughts of self-harm or suicide. M-7.7.1
	2. Analyze the similarities and differences between friendships and romantic relationships. M-7.7.2
	3. Describe a range of ways people express affection within various types of relationships. M-7.7.3
	4. Describe the potential impacts of power differences such as age, status, or position within relationships. M-7.7.4
	5. Discuss strategies for dealing with harmful behaviors in relationships, including dating violence. M-7.7.5
	1. Explain the relationship between food selection and oral health. N-7.7.1
	1. Describe strategies to detect and treat common health problems. P-7.7.1
Students will demonstrate the ability to advocate for personal, family, and community health.	1. Demonstrate ways to advocate remaining drug-free. D-7.8.1
	1. Demonstrate ways to advocate for safe environments that encourage respectful treatment of self and others. M-7.8.1
	1. Demonstrate ways to advocate the benefits of choosing healthy foods and beverages, and increasing one's physical activity. N-7.8.1
	1. Advocate for a healthy school, community, and natural environment. P-7.8.1
	2. Identify the ways in which blood and tissue donations are related to health promotion. P-7.8.2