Health Education: Grade 7

Personal Wellness

Nutrition

1 Evaluate how food choices are influenced by multiple factors. 7.N.1

2 Apply dietary tools such as My Plate or Food Fact Labels to plan and employ healthy meal plans. 7.N.2

3 Analyze internal and external factors that affect food choices. 7.N.3

4 Synthesize lifelong nutrition and health-related fitness to enhance quality of life. 7.N.4

5 Evaluate nutrition information, products, and services and their accuracy and validity on nutrition claims. 7.N.5

General Health

1 Describe how the physical, mental, emotional, and social dimensions of health are interrelated. 7.GH.1

2 Explain the importance of accepting responsibly for one's own health choices and behaviors. 7.GH.2

3 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. 7.GH.3

4 Describe how poor decision-making can impact person goals. 7.GH.4

5 Identify healthy and risky approaches to optimal health and weight management. 7.GH.5

6 Analyze how media influences impact on health behaviors. 7.GH.6

Personal Hygiene

1 Analyze the changes in hygiene required due to physical changes during adolescence. 7.PH.1

2 Compare personal hygiene practices and health/safety issues related to puberty (e.g., but not limited to, showering, use of sanitary products, deodorant, and cleaning of athletic gear). 7.PH.2

Physical Activity and Fitness

1 Describe the importance of participation in the recommended one hour of daily physical activity. 7.PAF.1

Describe how physical activity relates to stress management and inoculation, socialization, and mental acuity. 7.PAF.2

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3 Analyze the influence of television, computer, phone, and video games on physical activity. 7.PAF.3

4 Describe moderately intense physical activities that are personally enjoyable and can be enjoyed for a lifetime. 7.PAF.4

Disease Prevention

1 Describe means of communicable disease prevention (e.g., universal precautions, vaccinations, hand washing). 7.DP.1

2 Describe means of non-communicable disease prevention (e.g., sun safety, proper nutrition, and exercise). 7.DP.2

3 Examine and differentiate the validity of health information, products, and services for disease prevention and health promotion. 7.DP.3

4 Demonstrate through varying mediums how health can be impacted by individual choices. 7.DP.4

Safety and Prevention

First Aid

1 Demonstrate appropriate actions in emergency situations (ex. Hands only CPR, Heimlich). 7.FA.1

2 Explain how witnesses and bystanders can help in emergency situations. 7.FA.2

Prevention

1 Describe techniques used to de-escalate a threating situation. 7.P.1

2 Apply a decision-making process for avoiding dangerous situations. 7.P.2

3 Describe how the presence of certain elements increases or decreases the risk of injury (seat belt decreases, distracted driving increases). 7.P.3

4 Research escape strategies for situations in which weapons or other dangerous objects are present. 7.P.4

5 Develop a systematic approach for reporting factors (heredity, lifestyle, and environmental) that positively or negatively impact an individual's health. 7.P.5

Technology Safety

1 Access accurate health-related information. 7.TS.1

2 Research the safe uses of social media and identify possible negative consequences of improper uses. 7.TS.2

3 Describe technology/social media safety and etiquette and how to apply those strategies. 7.TS.3

4 Identify symptoms of dependency and addiction to technology (video games, phones, social media, etc.) and the impact on oneself and others. 7.TS.4

5 Evaluate how media influences mental, emotional, and social health; personal values attitudes, beliefs, and health behaviors. 7.TS.5

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Vehicle Occupant Safety

1 Demonstrate best practice while occupying a vehicle (e.g., distracted driving, impaired driving, seat belt safety, appropriate seating arrangement, and pedestrians). 7.VOS.1

Water Safety

1 Explain ways to reduce the risk of injuries in and around water. 7.WS.1

Human Growth & Development

Anatomy & Physiology

1 Analyze and explain the impact of personal health behaviors on the functioning of the human body. 7.AP.1

2 Describe the human cycle of reproduction, birth, growth, aging, and death. 7.AP.2

Puberty & Adolescent Development

1 Discuss how changes during puberty affect thoughts, emotions, and behaviors. 7.PA.1

2 Describe and demonstrate understanding of the development characteristics of adolescence, including physical and emotional changes. 7.PA.2

3 Differentiate between reliable and unreliable sources of information regarding human growth and development. 7.PA.3

Pregnancy & Reproduction

1 Compare and contrast the effects of teen pregnancy on personal health. 7.PR.1

2 Describe how puberty prepares the human body to reproduce. 7.PR.2

3 Identify the positive benefits of abstinence from sexual activity outside of marriage. 7.PR.3

4 Use effective verbal and nonverbal communication skills to convey feelings and goals regarding pregnancy. 7.PR.4

5 Identify a trusted adult to discuss making good choices when it comes to preventing pregnancy. 7.PR.5

Relationships

7 Identify signs and symptoms of child abuse and sexual abuse, including human trafficking and abuse that may occur in the home. 7.R.7

Sexually Transmitted Infections/HIV

1 Describe ways diseases are spread and prevented. 7.STI.1

2 Analyze the immune system in terms of the organs, functions, and their connection to HIV/STIs. 7.STI.2

3 Identify modes (age appropriate) of HIV transmission, as well as ways to prevent transmission. 7.STI.3

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Describe risky behaviors and situations that could lead to pressure for sexual activity and to the risk of contracting HIV and other STIs. 7.STI.4

Substance Use & Abuse

Core Concepts

1. Compare differences between legal and illegal prescription drug use and consequences. 7.CC.1
2. Analyze data that supports most middle schoolers are not using substances. 7.CC.2
3. Demonstrate knowledge of positive and negative influences on substance use. 7.CC.3
4. Research strategies companies use to target youth and influence their usage of vaping. 7.CC.4

Effects & Addiction

1. Evaluate short- and long-term effects of substance use on an individual's eleven body systems, including cosmetic consequences. 7.EA.1
2. Articulate the benefits of remaining substance use free (including vapes). 7.EA.2
3. Explain how addiction negatively impacts physical and mental health in short- and long-term time frames. 7.EA.3
4. Explain the similarity between underage alcohol consumption and/or the use of tobacco, vapes, and other drugs with addiction to opioids. 7.EA.4

Refusal & Risk Reduction

1. Demonstrate verbal and nonverbal assertive ways to refuse substances that pose a health risk. 7.RR.1
2. Distinguish ways to keep oneself safe if around another individual under the influence or overdosing (seek trusted adult, be aware of potential Fentanyl exposures). 7.RR.2

Community Resources and Substance Use Recovery

1. Compile valid resources regarding knowledge and information related to drug use and abuse. 7.CRR.1

Mental, Emotional, Social Health

Mental Health

1. Attribute a positive body image to a healthy self-esteem and the avoidance of risky health behaviors. 7.MH.1
2. Compare and contrast characteristics of mentally healthy vs. mentally unhealthy. 7.MH.2
3. Explain why getting help for mental, emotional, social health is appropriate and necessary. 7.MH.3
4. Explore common mental health conditions and internal and external influences (i.e., genetics, brain chemistry, social media, etc.). 7.MH.4
5. Describe the signs and symptoms, causes, triggers, and health effects of stress, loss, depression, and anxiety, and compare healthy and unhealthy coping skills. 7.MH.5

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Conflict Resolution

1 Explain effective conflict management and resolution strategies. 7.CR.1

2 Practice effective verbal and nonverbal communication skills with others. 7.CR.2

3 Apply refusal and negotiation skills to avoid or reduce mental, emotional, social health risks. 7.CR.3

4 Discuss the harmful effects of violent behaviors, and describe the similarities between them (e.g., bullying, hazing, fighting, verbal abuse). 7.CR.4

5 Demonstrate ways to communicate respect for diversity. 7.CR.5

Social Health

1 Identify how culture, familial, and personal values and beliefs affect future decision. 7.SH.1

2 Compare and contrast the characteristics of healthy and unhealthy relationships. 7.SH.2

2 Identify that there are individual differences in relationships such as appearance or gender roles. 7.SH.2

4 Examine adverse childhood experiences and positive childhood experiences and how to build resiliency. 7.SH.4

5 Identify trusted adults to report to if individuals are in danger of hurting themselves of others. 7.SH.5

6 Practice asking a trusted adult for help with mental, emotional, social health problems. 7.SH.6