Washington Health and Physical Education

Health: Grade 7

Adopted 2016

Wellness

1. Dimensions of Health

7. Assess personal health behaviors in relation to dimensions of health. H1.W1.7

2. Disease Prevention

a. Summarize lifestyle factors to prevent communicable and noncommunicable diseases. H7.W2.7.A

b. Explain benefits and consequences of various health behaviors. H7.W2.7.B

3. Analyzing Influences

7. Describe how peers, culture, and family influence health decisions and behaviors. H2.W3.7

4. Access Valid Information

7. Analyze validity and reliability of health and wellness information and products. H3.W4.7

5. Communication

7. Use communication skills effectively with family, peers, and others. H4.W5.7

6. Decision-Making

7. Determine healthy alternatives for making a personal health decision. H5.W6.7

7. Goal-Setting

7. Describe components of goalsetting to enhance health. H6.W7.7

Safety

1. Injury Prevention

7. Explain importance of being responsible for promoting safety and avoiding or reducing injury. H7.SA1.7

2. First Aid

7. Explain basic first aid skills. H1.SA2.7

7. Demonstrate CPR and AED procedures. H7.SA2.7

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Violence Prevention

7. Demonstrate communication skills to prevent, reduce, and avoid violent situations. H4.SA3.7

a. Describe how risk of violence increases with presence of weapons. H1.SA3.7.A

b. Understand potential dangers of sharing personal information through electronic media. H1.SA3.7.B

Nutrition

1. Food Groups and Nutrients

7. Determine availability of valid and reliable nutrition information, products, and services. H3.N1.7

a. Classify foods by food groups and nutrients. H1.N1.7.A

b. Summarize benefits of eating a variety of food from all food groups. H1.N1.7.B

2. Beverages

7. Evaluate nutritional content for a variety of beverages and describe benefits and consequences of intake. H1.N2.7

3. Label Literacy

7. Demonstrate how to use Nutrition Facts labels to make healthier choices. H3.N3.7

7. Demonstrate how to calculate nutritional value based on serving sizes. H1.N3.7

4. Caloric Intake and Expenditure

a. Explain relationship of caloric intake and expenditure to weight management. H1.N4.7.A

b. Investigate strategies for healthy weight management. H1.N4.7.B

5. Disease Prevention

7. Describe impact of nutritional choices in relation to disease prevention. H1.N5.7

6. Nutritional Planning

7. Describe how peers, culture, and family influence nutritional choices. H2.N6.7

a. Create a daily food plan with adequate amounts of each nutrient. H6.N6.7.A

b. Assess barriers to achieving a personal goal to improve healthy eating behaviors. H6.N6.7.B

Sexual Health

1. Anatomy, Reproduction, and Pregnancy

a. Describe reproductive systems including body parts and functions. H1.SE1.7.A

b. Describe the stages of a pregnancy from fertilization to birth. H1.SE1.7.B

2. Puberty and Development

7. Recognize that there are individual differences in growth and development. H1.SE2.7

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3. Self-Identity

7. Distinguish between biological sex, gender identity, gender expression, and sexual orientation. H1.SE3.7

4. Prevention

a. List and describe commonly used methods of birth control, including abstinence. H1.SE4.7.A

b. Describe methods to prevent the transmission of STDs/HIV, including abstinence. H1.SE4.7.B

c. Understand that all STDs are treatable and many are curable. H1.SE4.7.C

d. Describe factors that contribute to or protect against engaging in risk behaviors. H1.SE4.7.D

7. Identify medically accurate information about STDs. H3.SE4.7

7. Identify a decision-making model that can be used to make a health-related decision. H5.SE4.7

5. Healthy Relationships

7. Describe characteristics of healthy and unhealthy relationships. H1.SE5.7

a. Demonstrate communication skills that foster healthy relationships. H4.SE5.7.A

b. Explain importance of setting personal boundaries and showing respect for the boundaries and values of others. H4.SE5.7.B

6. Washington State Laws

a. Identify laws related to accessing sexual health care services. H1.SE6.7.A

b. Define sexual offenses as they relate to state law. H1.SE6.7.B

c. Identify consequences of sharing sexually explicit pictures or messages. H1.SE6.7.C

Social Emotional Health

1. Self-Esteem

7. Explain how self-esteem influences personal health choices. H1.SO1.7

7. Describe personal choices that can positively impact self-esteem. H7.SO1.7

2. Body Image and Eating Disorders

7. Explain how peers and media influence body image. H2.SO2.7

3. Stress Management

7. Differentiate between eustress and distress. H1.SO3.7

7. Compare healthy and unhealthy ways of dealing with stress. H7.SO3.7

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Expressing Emotions

a. Describe ways to manage interpersonal conflict. H1.SO4.7.A

b. Explain how expressing emotions or feelings can influence others. H1.SO4.7.B

5. Harassment, Intimidation, and Bullying

7. Determine strategies for responding to harassment, intimidation, and bullying. H5.SO5.7

7. Explain how harassment, intimidation, and bullying affect individuals, families, and communities. H1.SO5.7

6. Emotional, Mental, and Behavioral Health

7. Identify valid and reliable emotional and mental and behavioral health services. H3.SO6.7

a. Identify different emotional and mental and behavioral health disorders. H1.SO6.7.A

b. Identify risk factors associated with self-harm and/or suicide. H1.SO6.7.B

c. Identify how individuals experience stigma related to mental and behavioral health. H1.SO6.7.C

7. Recognize how culture and media impact access to mental and behavioral health services. H2.SO6.7

7. Demonstrate supportive responses to people who may be experiencing mental and behavioral health disorders. H4.SO6.7

Substance Use and Abuse

1. Use and Abuse

7. Distinguish between substance use, misuse, abuse, dependency, and addiction. H1.SU1.7

7. Describe how peers and media influence substance use and abuse. H2.SU1.7

2. Effects

7. Explain short- and long-term effects of substance abuse on dimensions of health. H1.SU2.7

3. Prevention

a. Demonstrate use of refusal skills to avoid substance use. H7.SU3.7.A

b. Assess scenarios in which substances may be present and determine strategies to avoid exposure and use. H7.SU3.7.B

7. Construct a message describing benefits of being drug-free. H8.SU3.7

4. Treatment

7. Describe situations that call for professional treatment for substance abuse. H3.SU4.7

5. Legal Consequences

7. Understand school policies related to substance possession and use. H1.SU5.7