

Grade 7

Health Promotion and Disease Prevention

- 1** List the six essential nutrients; determine their sources and functions. [WE.7.1](#)
- 2** Analyze the effects of risky lifestyle behaviors on body systems and general wellness. [WE.7.2](#)
- 3** Describe the anatomy and functions of the reproductive system. [WE.7.3](#)
- 4** Identify general symptoms and potentially long-term health consequences of STDs/STIs. [WE.7.4](#)
- 5** Explain short-term and long-term effects of alcohol, drug, and tobacco use. [WE.7.5](#)
- 8** Research the dangers of opioid use, the addictive characteristics of opioids, and safer alternatives to treat pain. [WE.7.8](#)

Culture, Media, and Technology

- 9** Compare and contrast the influence of peers, community, and cultural beliefs on health behaviors. [WE.7.9](#)
- 10** Debate how messages from the media and advertising can influence health behaviors. [WE.7.10](#)
- 11** Describe the impact of different types of bullying and identify necessary coping skills. [WE.7.11](#)
- 12** Explain the importance of respecting individual differences (e.g., race, religion, size, age, sex, gender identity). [WE.7.12](#)
- 13** Determine the intent of media messages about alcohol, tobacco, and other drugs (e.g., alcoholic beverage commercials, prescription, and OTC drugs). [WE.7.13](#)
- 14** Analyze the food industry and how it affects the health of society. [WE.7.14](#)
- 15** Examine the influence of the family on the health of adolescents (e.g., smoking, drinking, drug use, meal plans). [WE.7.15](#)

Health Information and Service

- 16** Research the costs of health information, insurance, products, and services. [WE.7.16](#)
- 17** Identify valid health information from a variety of sources (e.g., home, community, internet). [WE.7.17](#)

	18 Explain why a situation might require professional and community health services. WE.7.18
	19 Identify misinformation and stereotyping associated with food industries and/or health service. WE.7.19
Communication	20 Analyze effective verbal and non-verbal communication skills (e.g., body language, restating, individual/group conversation). WE.7.20
	21 Analyze the effectiveness of a variety of positive coping mechanisms/conflict resolution skills (e.g., peer mediation, non-violent strategies to deal with upset feelings and difficult situations). WE.7.21
	22 Give examples of refusal and negotiation skills to avoid health risks. WE.7.22
	23 Discuss ways to develop and maintain healthy family relationships. WE.7.23
Decision Making	24 Apply established dietary guidelines in meal planning. WE.7.24
	25 Discuss the consequences of poor nutritional choices. WE.7.25
	26 Role-play situations and practice positive decision-making concerning alcohol, tobacco and other drugs. WE.7.26
	27 Apply the steps of a decision-making process to solve a problem. WE.7.27
Goal Setting	28 Develop a personal health plan to address strengths and weaknesses (e.g., diet, exercise, sleep, relationships). WE.7.28
	29 Explain the importance of the goal setting process when planning future events. WE.7.29
	30 Discuss the impact of multiple factors on personal health goals (e.g., change of schools, getting older, new interests, family alteration). WE.7.30
Health Behaviors	31 Recognize risky or harmful behaviors that may occur in relationships (e.g., abuse, date rape, sexual activity). WE.7.31
	32 Analyze the differences between safe and risky behaviors, including methods for preventing pregnancy and STDs/STIs, including Hepatitis B virus (HBV), HIV/AIDS, (e.g., abstinence, birth control, disease control). WE.7.32
	33 Role-play protective behaviors used to avoid and reduce threatening situations (e.g., anger, bullying, harassment). WE.7.33
	34 Identify strategies to reduce stress, anxiety, and depression. WE.7.34
	35 Demonstrate CPR, hands only CPR, AED and basic first aid procedures. WE.7.35

Advocacy

- 36** Advocate to work cooperatively with family for healthy lifestyles (e.g., exercise together, diet plans, food preparation, spend time together). **WE.7.36**
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- 37** Explain why making positive health choices will influence others. **WE.7.37**
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- 38** Analyze results of national or state youth risk behavior survey information. **WE.7.38**