

## Grade Seven Health Curriculum

**Big Idea:** Lifeskills

### **Essential Questions:**

- What is a healthy self-image and how can it be improved?
- Describe how a negative body image can affect eating behavior?
- What is the decision-making process?
- How does cigarette smoking affect your health?
- How does the media influence you?
- How can we effectively communicate with others?
- What are the best ways to resolve conflicts?

### **Objectives:**

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

- Analyze the relationship between healthy behaviors and personal health.
- Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence.
- Analyze how the environment affects personal health.
- Describe how family history can affect personal health.
- Describe ways to reduce or prevent injuries and other adolescent health problems.
- Explain how appropriate health care can promote personal health.
- Describe the benefits of and barriers to practicing healthy behaviors.
- Examine the likelihood of injury or illness if engaging in unhealthy behaviors.
- Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors.

**Standard:** Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

- Examine how the family influences the health of adolescents.
- Describe the influence of culture on health beliefs, practices and behaviors.
- Describe how peers influence healthy and unhealthy behaviors.
- Analyze how the school and community can affect personal health practices and behaviors.
- Analyze how messages from media influence health behaviors.
- Analyze the influence of technology on personal and family health.
- Explain how the perceptions of norms influence healthy and unhealthy behaviors.
- Explain the influence of personal values and beliefs on individual health practices and behaviors.
- Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.
- Explain how school and public health policies can influence health promotion and disease prevention.

**Standard:** Students will demonstrate the ability to access valid information and products and services to enhance health.

- Analyze the validity of health information, products and services.
- Access valid health information from home, school, and community.
- Determine the accessibility of products that enhance health.
- Describe situations that may require professional health services.
- Locate valid and reliable health products and services.

**Standard:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

- Apply effective verbal and nonverbal communication skills to enhance health.
- Demonstrate refusal and negotiation skills to avoid or reduce health risks.
- Demonstrate effective conflict management or resolution strategies.
- Demonstrate how to ask for assistance to enhance the health of self and others.

**Standard:** Students will demonstrate the ability to use decision-making skills to enhance health.

- Identify circumstances that can help or hinder healthy decision making.
- Determine when health-related situations require the application of a thoughtful decision making process.
- Distinguish when individual or collaborative decision making is appropriate.
- Distinguish between healthy and unhealthy alternatives to health-related issues or problems.
- Predict the potential short-term impact of each alternative on self and others.
- Choose healthy alternatives over unhealthy alternatives when making a decision.
- Analyze the outcomes of a health related decision.

**Standard:** Students will demonstrate the ability to use goal-setting skills to enhance health.

- Assess personal health practices.
- Apply strategies and skills needed to attain a personal health goal.
- Describe how personal health goals can vary with changing abilities, priorities, and responsibilities.

**Standard:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- Explain the importance of assuming responsibility for personal health behaviors.
- Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.
- Demonstrate behaviors that avoid or reduce health risks to self and others.

**Standard:** Students will demonstrate the ability to advocate for personal, family and community health.

- State a health enhancing position on a topic and support it with accurate information.
- Identify ways that health messages and communication techniques can be altered for different audiences.

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**Big Idea:** Mental Health

**Essential Questions:**

- Where does personality come from?
- What is a stereotype?
- What are the stages of the life cycle?
- How can stress affect your health?
- What should you know about suicide?

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- Analyze how messages from media influence health behaviors.
- Analyze the influence of technology on personal and family health.
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- Analyze the validity of health information, products and services.
- Access valid health information from home, school, and community.
- Determine the accessibility of products that enhance health.

- Describe situations that may require professional health services.
- Locate valid and reliable health products and services.

**Standard:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

- Apply effective verbal and nonverbal communication skills to enhance health.
- Demonstrate effective conflict management or resolution strategies.
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- Analyze the outcomes of a health related decision.

**Standard:** Students will demonstrate the ability to use goal-setting skills to enhance health.

- Assess personal health practices.
- Develop a goal to adopt, maintain, or improve a personal health practice.
- Apply strategies and skills needed to attain a personal health goal.
- Describe how personal health goals can vary with changing abilities, priorities, and responsibilities.

**Standard:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- Explain the importance of assuming responsibility for personal health behaviors.
- Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.
- Demonstrate behaviors that avoid or reduce health risks to self and others.

**Standard:** Students will demonstrate the ability to advocate for personal, family and community health.

- State a health enhancing position on a topic and support it with accurate information.
- Work cooperatively to advocate for healthy individuals, families, and schools.

**Big Idea:** Tobacco

**Essential Questions:**

- Why should I not use tobacco?
- How can I say "no" to using tobacco?
- What are the dangerous chemicals in tobacco?

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**Standard:** Students will demonstrate the ability to use decision-making skills to enhance health.

- Identify circumstances that can help or hinder healthy decision making.

**Standard:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- Explain the importance of assuming responsibility for personal health behaviors.

**Standard:** Students will demonstrate the ability to advocate for personal, family and community health.

- State a health enhancing position on a topic and support it with accurate information.
  - Demonstrate how to influence and support others to make positive health choices.
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**Big Idea:** Illegal Drugs (Marijuana, Inhalants, Prescription Drugs)

**Essential Questions:**

- What is drug addiction?
- How do drugs affect the body?
- What kinds of pressures do teens have to use illegal drugs?

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- Identify circumstances that can help or hinder healthy decision making.
- Determine when health-related situations require the application of a thoughtful decision making process.
- Distinguish between healthy and unhealthy alternatives to health-related issues or problems.
- Analyze the outcomes of a health related decision.

**Standard:** Students will demonstrate the ability to use goal-setting skills to enhance health.

- Describe how personal health goals can vary with changing abilities, priorities, and responsibilities.

**Standard:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- Explain the importance of assuming responsibility for personal health behaviors.
- Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.
- Demonstrate behaviors that avoid or reduce health risks to self and others.

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**Big Idea:** Body Systems - Endocrine System

**Essential Questions:**

- What is the job of the endocrine system?
- Why are hormones important?

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**Big Idea:** Body Systems - Reproductive System

**Essential Questions:**

- What is puberty and what happens to our bodies during puberty?
- What are the parts and functions of the reproductive system (male and female)?

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**Big Idea:** Sexually Transmitted Infections

**Essential Questions:**

- How do STI's affect your health?

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