

## Course/Grade Level: Seventh Grade Health Curriculum

**Focus:** Students will assess and then evaluate how healthy they are by examining individual components of wellness. The components of health consist of social, mental, spiritual, emotional, environmental, and physical health.

### **H.7.1 Students will explain the relationship between health and wellness.**

Students will...

- H.7.1.1 describe how physical, emotional, social, and mental health affects wellness. (MS.1.1)
- H.7.1.2 describe how spiritual and environmental health affects wellness. (MS.1.1)
- H.7.1.3 state influences on health and making healthy choices. (MS.1.3)
- H.7.1.4 identify life skills and their effect on health (assessing health, making good decisions, setting goals, using refusal skills, communicating effectively, coping, evaluating media messages, practicing wellness, and being a wise consumer).
- H.7.1.5 critique sources of health information and determine how valid the information is. (MS.2.2)

### **H.7.2 Students will evaluate self-esteem and positive body image by showing respect for themselves and others. (Supported by Guidance)**

Students will...

- H.7.2.1 display the acceptance of who I am. (MS.1.2)
- H.7.2.2 display the acceptance in people's differences. (MS.1.2)
- H.7.2.3 describe why I feel good about me. (MS.1.2)
- H.7.2.4 describe why I feel good about others. (MS.1.2)
- H.7.2.5 show how you can respect others. (MS.1.2)
- H.7.2.6 describe a positive body image and healthy weight. (MS.1.2)
- H.7.2.7 identify influences on body image. (MS.1.2)

(continued...)

### **H.7.3 Students will analyze and assess personal physical fitness to set individual goals.**

Students will...

- H.7.3.1 describe four parts of physical fitness (strength, endurance, flexibility, body composition).
- H.7.3.2 examine a variety of physical activity choices to keep active.
- H.7.3.3 identify common injuries, treatments, and how they can be avoided.
- H.7.3.4 design an assessment and intervention plan for their individual health, focusing on physical activity. (MS.3.1) *Supported by Science S.7.6*
- H.7.3.5 analyze personal health plans to determine health strengths and risks. (MS.3.2) *Supported by Science S.7.6*

### **H.7.4 Students will identify the basics of nutrition to plan and maintain a well-balanced diet. (Supported by Science S.7.6)**

Students will...

- H.7.4.1 identify the six essential nutrients (carbohydrates, fats, proteins, vitamins, minerals, and water) and how they affect the body. (MS.1.1)
- H.7.4.2 plan to balance their diet using the food guide pyramid, food labels, and portion control. (MS.1.1, 1.2, 1.3)
- H.7.4.3 identify why eating breakfast is important, how to choose healthy food, and how to maintain a healthy diet. (MS.1.1)

### **H.7.5 Students will describe how to express emotions constructively and identify how to seek help for emotional problems. (Supported by Guidance)**

Students will...

- H.7.5.1 consistently use effective verbal and non-verbal communication skills to enhance interactions and strengthen relationships. (MS.5.1, MS.5.2)
- H.7.5.2 analyze potential causes of conflict among youth and develop strategies to manage those conflicts. (MS.5.3)
- H.7.5.3 identify effective refusal skills. (MS.5.4)
- H.7.5.4 identify, express, and manage emotions.
- H.7.5.5 identify various mental illnesses and their treatment options.
- H.7.5.6 identify sources of help, including family, friends, and professional help. (MS.7.1)

**H.7.6 Students will identify changes that occur during puberty and the risks of being sexually active. (Supported by Project TEEN)**

Students will...

- H.7.6.1 describe the functions of the male and female reproductive systems. (MS.1.4)
- H.7.6.2 identify male and female reproductive organ names and functions. (MS.1.4)
- H.7.6.3 identify risks of being sexually active.
  - emotional, physical, and social consequences
  - sexually transmitted infections (STIs), including AIDS
  - unwanted pregnancy
- H.7.6.4 describe ways to reduce risks related to adolescent health problems.
- H.7.6.5 predict how decisions regarding health behaviors have consequences on self and others. (MS.6.3)

**H.7.7 Students will define sexual abuse and exploitation and how to avoid unhealthy relationships. (Supported by Project TEEN)**

Students will...

- H.7.7.1 define sexual abuse and exploitation.
- H.7.7.2 compare and contrast date rape and rape.
- H.7.7.3 explain how to report any type of abuse.
- H.7.7.4 give examples of prevention strategies.
- H.7.7.5 discuss survival strategies and name ways of getting help.

**H.7.8 Students will explain the negative effects of substance abuse on the body, the family, and society. (Supported by Project TEEN and Guidance)**

Students will...

- H.7.8.1 identify the short and long-term health risks and consequences involved in substance use. (MS.1.1)
- H.7.8.2 identify the effects of substance abuse on the quality of life for both the substance abuser and their family. (MS.1.2, 1.3)
- H.7.8.3 describe types of substances that are abused. (MS.1.1)
- H.7.8.4 identify and analyze advertisements that promote tobacco and alcohol. (MS.2.2, 4.2)
- H.7.8.5 identify the types of treatment programs that are available for addicts and the families of addicts. (MS.2.3)