

7th Grade Health Education Objectives

UNIT: TOBACCO, ALCOHOL & OTHER DRUGS – ALCOHOL

The student will:

Health Content Concepts

- Describe the effects and impact of alcohol on the individual, family, and society
- Identify the consequences of underage drinking
 - Addiction (physical and psychological)
 - Death (binge drinking/alcohol poisoning)
 - Legal consequences
 - Drinking and driving

Self-Management

- Demonstrate skills that promote a personal commitment to remain alcohol-free
 - Recognize peer norms
 - Resistance skills
 - Decision making
 - Problem solving
 - Goal setting
 - Stress management
 - Assertiveness.

NOTES:

- Research has show that normative education and resistance skills are the most effective components of drug prevention curriculum.
- Students should not be placed in the role of perpetrator in role-play situations.

UNIT: DISEASE PREVENTION AND CONTROL

The student will:

Health Content Concepts

- Describe how lifestyle, family history, environment, and other risk factors/behaviors are related to physical health and overall wellness
 - Controllable/uncontrollable risk factors, to include influence of media messages, environmental exposure, and household products/inhalants
 - Protective factors: regular checkups, immunizations and screening, diet and weight management, exercise, and rest
- Identify prevention and intervention methods for common non-communicable diseases
 - Heart disease/cardiovascular disease
 - Cancer, to include skin cancer
 - Diabetes
 - Other diseases (gum disease, osteoporosis, asthma, obesity).

UNIT: SOCIAL AND EMOTIONAL HEALTH

The student will:

Health Content Concepts

- Identify the causes, symptoms, and intervention of eating disorders, to include anorexia, bulimia, and binge eating disorder
 - Causes: internal and external factors
 - Symptoms of each disorder
 - Intervention/treatment: how to help a friend, resources for help
- Explain causes and identify signs of depression
- Cite prevention and intervention strategies for depression
- Examine the impact of bullying on the individual, family, and community
 - Consequences of bullying such as depression, violence, etc.
 - Perspective of bully, victim, and bystander
- Summarize prevention and intervention strategies for child abuse
 - physical, sexual, mental injury, neglect, human trafficking

Analyzing Influences

- Describe the role society plays in the perception of normal body image.

UNIT: NUTRITION AND FITNESS

The student will:

Accessing Information

- Discover, evaluate, and utilize health information, products, and services related to healthy nutrition and weight management
 - Nutritional requirements and dietary guidelines
 - Healthy weight management (diet products, diet programs, and physical activity).

UNIT: HUMAN SEXUALITY

The student will:

Health Content Concepts

- Explain the male and female reproductive systems as they relate to fertilization
- Describe changes that occur to the mother and fetus during the stages of pregnancy
 - Define fertilization and pregnancy
 - Signs of pregnancy
 - Embryo/fetus/multiple births
 - Trimesters
 - Birth process
- Identify protective factors for a healthy pregnancy
 - Prenatal care

- Age of mother
- Avoiding tobacco, alcohol, and other drugs

Interpersonal Communication and Decision Making

- Apply personal and interpersonal skills to support sexual health
 - Define sexual health
 - Personal and interpersonal life skills
 - Values
 - Decision making
 - Communication
 - Assertiveness
 - Conflict resolution
 - Communication with parents/guardian

Decision Making and Advocacy

- Explain the term abstinence as it applies to healthy sexuality
 - Define sexuality as a dimension of a person, not just sexual behavior
 - Role of family values in choosing abstinence
 - Reasons to abstain.

NOTES:

- Prior to beginning instruction in this very sensitive topic, it is important to establish ground rules that promote open and honest discussion and create a safe classroom environment for such discussion.
- If the term “abortion” comes up during the course of instruction, it may be defined as "the surgical removal of the fetus from the uterus."