

## Health Education Grade 7

**The following health education standards are incorporated into each of the instructional units where appropriate:**

- Accessing Information
- Self Management
- Analyzing Influences
- Interpersonal Communication
- Decision Making
- Goal Setting
- Advocacy.

### **UNIT I: Disease Prevention and Control**

**Goal.** The student will demonstrate the ability to apply concepts of health promotion and disease prevention to achieve optimal personal health.

**Objectives** – The student will be able to:

- a. Describe how lifestyle, family history, environment, and other risk factors are related to the cause or prevention of disease and other health problems.
- b. Identify intervention and treatment methods for common diseases.
- c. Describe the impact that media messages have on disease prevention and control.

### **UNIT II: Nutrition and Fitness**

**Goal.** The student will demonstrate the ability to use knowledge of nutrition and fitness to develop skills and attitudes that promote healthy living.

**Objectives** – The student will be able to:

- a. Relate physical exercise and nutritional guidelines to the achievement of optimal health.
- b. Explain the relationship between body image and healthy weight management.
- c. Discover, evaluate, and utilize health information, products, and services related to healthy weight management.

### **UNIT III: Mental Health**

**Goal.** The student will demonstrate the ability to use knowledge of mental health to develop skills and attitudes that promote self-awareness and relationships with others.

**Objectives** – The student will be able to:

- a. Identify personal strengths that contribute to one’s uniqueness.
- b. Evaluate positive and negative influences on body image.
- c. Identify the effects of eating disorders on an individual’s health.
- d. Identify treatment methods for eating disorders.
- e. Cite causes, symptoms, consequences, and coping skills for depression.
- f. Recognize the impact of bullying and teasing on one’s mental health.
- g. Develop strategies to incorporate positive character traits into daily life.

### **UNIT IV: Family Life and Human Sexuality**

**Goal.** The student will demonstrate the ability to apply knowledge and understanding of human growth and development to promote self-awareness.

**Objectives** – The student will be able to:

- a. Establish a set of class ground rules that will create a positive classroom environment for instruction of the Family Life and Human Sexuality unit.
- b. Utilize strategies, which open communication between parents and children about human sexuality.
- c. Compare the physical and nonphysical changes that occur during puberty and identify coping skills.
- d. Explain the physiology of the human reproductive system.
- e. Identify abstinence as the healthiest lifestyle choice for adolescents.
- f. Describe changes that occur to the mother and fetus during the stages of pregnancy.

### **UNIT V: Tobacco, Alcohol, and Other Drugs**

**Goal.** The student will demonstrate the ability to use knowledge of alcohol to develop skills and attitudes that promote drug and violence-free living.

**Objectives** – The student will be able to:

- a. Describe the effects and impact of alcohol on the individual, family, and society.
- b. Identify the consequences of underage drinking.

- c. Identify prevention, intervention, and treatment resources for alcohol abusers and their families.
- d. Explain the internal and external influences of alcohol use and nonuse.
- e. Review and model refusal skills for situations in which alcohol is a factor.
- f. Apply decision-making skills to situations in which alcohol is a factor.