

7th grade- Students will analyze factors in their daily lives to determine how these factors influence health.

H.7.1 Students will make a connection between factors which influence health and responsible decision-making.

- H.7.1.1. Examine factors that influence health to discriminate between those that promote and those that harm health.
- H.7.1.2. Critique the effectiveness of stress management skills.
- H.7.1.3. Diagram problem-solving steps to show how they can be used to make responsible decisions.
- H.7.1.4. Analyze the relationship of personal health habits to determine relevance to physical, mental, and social health.
- H.7.1.5. Identify warning signs of mental illness.

H.7.2 Students will examine the relationship between personal choices and healthy relationships with others.

- H.7.2.1. Describe behaviors that build healthy relationships with family and friends.
- H.7.2.2. Demonstrate communications skills (such as conflict resolution skills) that promote healthy relationships.
- H.7.2.3. Examine the connection between personal choices/behaviors to determine their relationship to social health.
- H.7.2.4. Role-play various refusal skills and assertiveness techniques.
- H.7.2.5. Analyze dating guidelines to select those that support abstinence from risky behaviors.

H.7.3 Students will compare and contrast the interrelationships of the systems of the body.

- H.7.3.1. Evaluate the effects of heredity on human growth and development.
- H.7.3.2. Diagram the life cycle of humans and describe various components of aging in healthy ways.
- H.7.3.3. Describe factors that may influence growth and development (i.e. heredity and environment.)
- H.7.3.4. Predict the risks of teenage pregnancy and explain the responsibilities of teenage parenthood.
- H.7.3.5. Understand the various stages of pregnancy/childbirth.

H.7.4 Students will discriminate between healthy and unhealthy nutritional choices.

- H.7.4.1. Identify the groups in the food pyramid and explain how the

recommended amounts are determined for each person.

H.7.4.2. Investigate the importance of various nutrients to body functions.

H.7.4.3. Explain the relationship between food intake, calories and activity levels.

H.7.4.4. Analyze the relationship of safety measures for preparation and storage of food to food-borne illnesses.

H.7.4.5. Examine food labeling to determine the relevance to good nutrition.

H.7.4.6. Differentiate between the various eating disorders and describe their relationship to body image/self-esteem.

H.7.5 Students will outline various methods of prevention and treatment of diseases.

H.7.5.1. Differentiate between communicable and non-communicable diseases.

H.7.5.2. Describe how the microbes that cause diseases are spread.

H.7.5.3. Distinguish between physical, mental and social effects of diseases.

H.7.5.4 . Identify and give examples of the effects of various common STD's (including AIDS).

H.7.6 Students will categorize physical, mental and social effects of various substances on the body systems.

H.7.6.1. Construct guidelines for the safe use of medicines.

H.7.6.2. Differentiate between use, misuse, and abuse of substances.

H.7.6.3. Hypothesize reasons for misuse and abuse drugs.

H.7.6.4. Compare and contrast how dependence/addiction affects the user to those around him/her.

H.7.6.5. Explain harmful effects of legal and illegal substances.

H.7.7. Students will outline precautions that can avoid unsafe behaviors, and protect them from violence or sudden injury.

H.7.7.1. Give examples of precautions that will help to avoid unsafe behaviors for home, school, recreation, passenger, pedestrian, and weather emergencies.

H.7.7.2. Recommend ways to promote individual and community safety.

H.7.7.3. Identify healthy ways to resolve feelings of anger and frustration.

H.7.7.4. Describe how violence can affect teenagers.

H.7.7.5. Demonstrate how to report an emergency and provide proper response (including first aid for common injuries and illnesses)

H.7.8 Students will evaluate health information, products and services.

H.7.8.1. Identify criteria for being a responsible consumer.

H.7.8.2. Explain how public health laws and services protect both the individual and community health.

H.7.8.3. Examine labeling to determine relevance to consumer safety.