

# Grade 7

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

## **Health Promotion**

- 1** Summarize the interrelationship of emotional, social, and physical health. **7.1.1**
    - a** Determine how peers may affect the six dimensions of health. **7.1.1.A**
    - b** Illustrate how changing family dynamics can affect health. Examples: divorce, relocating, death **7.1.1.B**
  - 2** Predict the risk of injury or illness if engaging in unhealthy behaviors. Examples: riding in the bed of a pick-up truck, biking without a helmet, riding without a seat belt **7.1.2**
    - a** Give examples of dangers associated with the use of alcohol, tobacco or other drugs. **7.1.2.A**
  - 3** Determine barriers to practicing healthy behaviors. Examples: lack of finances, access to health services, social support **7.1.3**
    - a** Examine how nutritional choices and psychological issues may lead to eating disorders. **7.1.3.A**
  - 4** Predict the consequences of engaging in unhealthy behaviors. **7.1.4**
    - a** Discuss ways to prevent obesity. **7.1.4.A**
    - b** Determine health risks associated with body pi **7.1.4.B**
  - 5** Research family medical history and how it impacts personal health now and in the future. **7.1.5**
    - a** Discuss hereditary diseases that impact personal health and wellness. **7.1.5.A**
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**Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.**

### **Analyzing Influences**

- 1 Describe how family values and behaviors influence the health of adolescents. Examples: eating family meals daily, participating in physical activity, practicing open communication [7.2.1](#)
  - 2 Explain how communities can affect personal health practices and behaviors. Examples: public policies regarding water pollution, air quality, tobacco use [7.2.2](#)
  - 3 Describe how the media can send mixed messages about health. Examples: advertisements concerning tobacco, alcohol, and nutrition [7.2.3](#)
  - 4 Explain how school and public health policies can influence health promotion and disease prevention. Examples: vending machine selections, vaccination requirements, wellness checkups [7.2.4](#)
  - 5 Discuss how risky choices influence the likelihood of unhealthy behaviors, including tobacco use increasing the risk of using other drugs and peer pressure to consume alcohol. [7.2.5](#)
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**Students will demonstrate the ability to access valid information, products, and services to enhance health.**

### **Access to Information**

- 1 Distinguish between facts and myths of health information. [7.3.1](#)
    - a Examine beliefs concerning the transmission of HIV/AIDS; distinguish between fact and fallacy. [7.3.1.A](#)
  - 2 Demonstrate the ability to locate valid school and community health resources. Examples: health clinic, school wellness committee, school nurse, local health department [7.3.2](#)
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**Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.**

### **Interpersonal Communication**

- 1 Discuss effective conflict management or resolution strategies. Example: five steps to resolve conflict: calm down, state and understand the problem, apologize, promote solution finding, followup [7.4.1](#)
  - 2 Model refusal skills that avoid or reduce health risks. Examples: role playing how to effectively handle bullying, harassment, and peer pressure situations [7.4.2](#)
  - 3 Demonstrate skills that avoid conflict. Examples: asking someone respectfully not to smoke, practice active listening, reacting sensibly, communicating clearly, practicing patience [7.4.3](#)
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**Students will demonstrate the ability to use decision-making skills to enhance health.**

### **Decision -Making**

- 1 Distinguish when a self-decision should be made or if help should be sought from a responsible adult. Examples: friends begin drinking, unsafe situation arises at school, suicidal friend, suspected abuse, seat belt use, suicidal thoughts [7.5.1](#)
  - a Determine when it is necessary to ask for assistance when making a health choice. Examples: friend begins to self-harm, negative peer pressure [7.5.1.A](#)
- 2 Analyze healthy alternatives over unhealthy alternatives when making decisions. Examples: eating regular meals vs. skipping meals, choosing healthy snacks vs. junk food, getting proper exercise vs. too much screen time [7.5.2](#)

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

### **Goal -Setting**

- 1 Assess current personal health practices and set a goal to adopt, maintain, or improve one or more health practices. [7.6.1](#)
- 2 Describe changing abilities, priorities, and responsibilities that impact personal health goals. Examples: age, injuries, changing jobs, leaving active school life to work, sedentary to walking, walking to jogging, jogging to running; eating poorly to making healthy food choices leading to weight loss or weight gain [7.6.2](#)

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

### **Self-Management**

- 1 State the importance of assuming responsibility for personal health behaviors and avoiding risky behaviors. Examples: fast food vs. My Plate recommendations, screen time vs. active living [7.7.1](#)
- 2 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others. Examples: practicing proper use of prescription medications, good nutrition, proper rest, regular exercise; avoiding driver distractions [7.7.2](#)

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

### **Advocacy**

- 1 Create ways to influence and support others in making positive health choices. Examples: using social media campaigns, YouTube live campaign, posters; addressing local school board with the need for quality physical education and healthier food choices [7.8.1](#)
- 2 Describe which advertising appeals are being used in various advertisements. Examples: bandwagon appeal, brand loyalty appeal, sex appeal [7.8.2](#)