

# Grade 7

## Physical and Personal Wellness CH.7.2

### 1 Analyze factors that influence healthy eating behaviors. CH.7.2.1

- a Analyze how family, peers, media, and culture influence food choices. CH.7.2.1.A
  - b Analyze how social and cultural messages about food and eating influence nutrition choices. CH.7.2.1.B
  - c Analyze the influence that adults and role models have on one's food choices. CH.7.2.1.C
  - d Analyze internal influences on one's food choices. CH.7.2.1.D
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### 2 Compare and contrast healthy and unhealthy family and peer relationships. CH.7.2.2

- a Evaluate the characteristics of healthy relationships, including dating, and discuss factors that support and sustain them. CH.7.2.2.A
  - b Explain the purpose of friendship and describe how friends can support one another in making healthy decisions. CH.7.2.2.B
  - c Demonstrate effective strategies for dealing with difficult relationships with family members, peers, and boyfriends or girlfriends. CH.7.2.2.C
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### 3 Analyze the internal and external factors that influence sexual decision-making and activity. CH.7.2.3

- a Describe a variety of external influences such as parents, the media, culture, peers, and society that affect sexual decision-making and sexual activity. CH.7.2.3.A
- b Describe how internal influences such as curiosity, hormones, interests, desires, fears, and feelings affect sexual decision-making and activity. CH.7.2.3.B
- c Describe how personal, peer, and family values and beliefs influence decisions about sexual and reproductive health. CH.7.2.3.C
- d Analyze the discrepancies between perceived and actual sexual activity and how the information influences your sexual decision-making. CH.7.2.3.D
- e Develop strategies that advocate for healthy sexual boundaries and decision-making. CH.7.2.3.E

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- 4 Define sexually transmitted diseases (STDs), including human immunodeficiency virus (HIV) and acquired immune deficiency syndrome (AIDS).** CH.7.2.4
- a Describe the effects of HIV infection on the body. CH.7.2.4.A
  - b Explain how HIV is and is not contracted. CH.7.2.4.B
  - c Define common STDs. CH.7.2.4.C
  - d Explain how certain behaviors put a person in higher risk of contracting STD's. CH.7.2.4.D
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**Social and Emotional  
Wellness** CH.7.3

- 1 Demonstrate effective communication skills to express thoughts and feelings appropriately.** CH.7.3.1
- a Demonstrate the ability to engage in active listening. CH.7.3.1.A
  - b Demonstrate negotiation skills to support the healthy expression of personal needs. CH.7.3.1.B
  - c Demonstrate the ability to state personal needs and articulate limits. CH.7.3.1.C
  - d Practice verbal and nonverbal ways to ask for help from a parent, trusted adults, or friends. CH.7.3.1.D
  - e Advocate for self and others to increase the safety of school community. CH.7.3.1.E
  - f Identify a variety of verbal and nonverbal communication styles and how to respond effectively. CH.7.3.1.F
- 2 Develop healthy self-management skills to prevent and manage stress.** CH.7.3.2
- a Compare and contrast positive and negative ways of dealing with stress. CH.7.3.2.A
  - b Define stress. CH.7.3.2.B
  - c Identify personal stressors. CH.7.3.2.C
  - d Explain the body's physical and psychological responses to stressful situations. CH.7.3.2.D
  - e Develop healthy strategies to deal with stressors. CH.7.3.2.E
  - f Practice strategies such as physical activity, relaxation techniques, journaling, and talking with someone to prevent, manage, and/or reduce stress. CH.7.3.2.F
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## Prevention and Risk Management CH.7.4

### **1 Analyze the consequences of using marijuana, illegal drugs, prescription drugs, alcohol, and tobacco.** CH.7.4.1

- a Examine the social and economic, consequences of marijuana, illegal drugs, abuse of prescription drugs, alcohol, and tobacco. CH.7.4.1.A
- b Explain how drugs are addictive (marijuana, illegal drugs, prescription drugs, alcohol, and tobacco). CH.7.4.1.B
- c Explain family rules, school policies, and community laws related to the sale and use of marijuana, illegal drugs, prescription drugs, alcohol, and tobacco. CH.7.4.1.C
- d Explain how drugs alter the body and the brain (marijuana, illegal drugs, prescription drugs, alcohol, and tobacco). CH.7.4.1.D
- e Analyze the effects of marijuana, illegal drugs, prescription drugs, alcohol, and tobacco on a person's ability to make decisions. CH.7.4.1.E

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### **2 Demonstrate self-management skills to reduce physical and emotional violence and actively participate in violence prevention.** CH.7.4.2

- a Describe the short- and long-term consequences of violence on perpetrators, victims, and bystanders. CH.7.4.2.A
- b Explain the role of bystanders in escalating, preventing, or stopping bullying, fighting, hazing, gossip, exclusion of individuals, or violence. CH.7.4.2.B
- c Describe strategies and skills one could use to avoid physical fighting and violence. CH.7.4.2.C
- d Identify a variety of nonviolent ways to respond when angry or upset. CH.7.4.2.D
- e Demonstrate the ability to identify a parent, trusted adult, or appropriate legal authorities to whom school or community violence should be reported. CH.7.4.2.E
- f Describe the dangers of and actions to be taken if aware of threats to harm self or others. CH.7.4.2.F
- g Describe the dangers of and actions to be taken if weapons are seen or suspected in schools. CH.7.4.2.G
- h Demonstrate appropriate communication skills to solve conflicts nonviolently. CH.7.4.2.H

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### **3 Demonstrate safety procedures for a variety of situations.** CH.7.4.3

- a Describe first-response procedures needed to treat injuries and other emergencies. CH.7.4.3.A
- b Identify accepted procedures for emergency care and lifesaving care. CH.7.4.3.B
- c Describe actions to take during severe weather or trauma-related emergencies. CH.7.4.3.C
- d Analyze the role of peers, family, and media in causing or preventing injuries. CH.7.4.3.D