



Health Seventh Grade

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

- 1.1 Identify the relationship between positive health behaviors and the injury, illness, disease and premature death.
- 1.2 Introduce the ways to reduce ways to risks related to adolescent health problems.
- 1.3 Create an awareness of the factors that impact nutritional choices of adolescents.
- 1.4 Students will be introduced to the interrelationship of mental emotional, social and physical health during adolescence.

2.0 Students will demonstrate the ability to access valid health information and health-promoting products and services.

- 2.1 Students will describe situations requiring professional health services.

3.0 Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.

- 3.1 Students will be able to identify immediate and long-term effects of cigarette smoking.
- 3.2 Students will recognize low risk quantities and frequencies of alcohol use.
- 3.3 Identify that the vast majority of teenagers and adults do not smoke marijuana.
- 3.4 Students will be able to analyze the immediate and long-term effects of marijuana on the body.

4.0 Students will analyze the influence of culture, media, technology and other factors on health.

- 4.1 Students will analyze cigarette and alcohol advertisements.

5.0 Students will demonstrate the ability to use interpersonal communication skills to enhance health.

- 5.1 Students will be able to identify basic social skills in order to develop successful interpersonal relationships.

6.0 Students will demonstrate the ability to use goal setting and decision making skills to enhance health.

6.1 Students will identify ways to increase self-image.

6.2 Students will demonstrate the ability to express personal pride.

6.3 Students will demonstrate the ability to solve problems using the decision making process.

6.4 Identify techniques for coping with anxiety.

6.5 Students will have the ability to identify physical symptoms of anger and techniques for controlling anger.

6.6 Students will predict how decisions regarding health behaviors have consequences for self and others.

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

7.1 Students will be introduced to verbal and nonverbal assertiveness.