

## Seventh Grade

### Comprehensive Health Strands:

Community/Environmental Health (C)	Nutrition (N)
Personal Health (PH)	Consumer Health (CH)
Human Growth and Development (H)	Mental Health (M)
Disease Prevention and Control (D)	Safety and First Aid (S)
Drug Abuse Prevention (DA)	Family Life (F)

### Competencies and Suggested Objectives:

1. **Comprehend concepts related to health promotion and disease prevention. (M, PH, D, H, DA, C)**
  - a. Identify behaviors for effectively handling negative peer pressure and stress.
  - b. Analyze how body hygiene, posture, and self-image affect overall health.
  - c. Give examples of communicable diseases and discuss transmission and methods of prevention.
  - d. Describe the effects of puberty on social and emotional behavior.
  - e. Propose ways in which improving the environment (i.e., pollution, landscape) can enhance physical, mental, and social health.
  - f. Describe the relationship between tobacco and alcohol use and how it affects the development of serious health problems.
2. **Demonstrate the ability to obtain valid health information. (CH, PH, C)**
  - a. Critique sources of information regarding health products and services to determine if they are reliable/unreliable.
  - b. Distinguish between advertisements and medical information.
3. **Demonstrate the ability to practice health-enhancing behaviors and reduce health risks. (S, D, PH, N, M, DA)**
  - a. Demonstrate practices of making safe choices.
  - b. Distinguish among use, misuse, and abuse of substances.
  - c. Identify how a properly balanced diet and exercise influence healthy body weight.
  - d. List health professionals that provide education, counseling services, and treatment to prevent communicable disease.

- 4. Analyze the influence of culture, media, technology, and other factors on health. (C, CH, PH)**
  - a. Describe the influence of culture on the use of health behaviors.
  - b. Analyze how the media and other sources influence health behavior.
  - c. Evaluate the influence of technology and other resources on personal and family health.
  - d. Examine how information from peers influences health.
  
- 5. Demonstrate the ability to use interpersonal communication skills to enhance health. (F, H, M)**
  - a. Identify and differentiate roles and relationships within the family.
  - b. Demonstrate various forms of effective communication.
  - c. Demonstrate refusal and negotiation skills to enhance health.
  
- 6. Demonstrate the ability to use goal-setting and decision-making skills to enhance health. (N, PH, D, F, M, H, S, DA)**
  - a. Apply strategies and skills needed to attain goals that will contribute to a healthy lifestyle.
  - b. Describe how personal health goals are influenced by changing information, abilities, priorities, and responsibilities.
  - c. Demonstrate the ability to apply decision-making models to health issues and problems.
  - d. Develop a plan that addresses personal strengths, values, needs, and health risks.
  
- 7. Demonstrate the ability to advocate for personal, family, and community health. (C, CH, F, S, D)**
  - a. Propose ways to enhance community health.
  - b. Demonstrate the ability to work cooperatively.