

Grade 7

Health Promotion and Disease Prevention

- 1 List the six essential nutrients; determine their sources and functions.** WE.7.1
- 2 Analyze the effects of risky lifestyle behaviors on body systems and general wellness.** WE.7.2
- 3 Describe the anatomy and functions of the reproductive system.** WE.7.3
- 4 Identify general symptoms and potentially long-term health consequences of STDs/STIs.** WE.7.4
- 5 Explain short-term and long-term effects of alcohol, drug, and tobacco use.** WE.7.5
- 8 Research the dangers of opioid use, the addictive characteristics of opioids, and safer alternatives to treat pain.** WE.7.8

Culture, Media, and Technology

- 9 Compare and contrast the influence of peers, community, and cultural beliefs on health behaviors.** WE.7.9
- 10 Debate how messages from the media and advertising can influence health behaviors.** WE.7.10
- 11 Describe the impact of different types of bullying and identify necessary coping skills.** WE.7.11
- 12 Explain the importance of respecting individual differences (e.g., race, religion, size, age, sex, gender identity).** WE.7.12
- 13 Determine the intent of media messages about alcohol, tobacco, and other drugs (e.g., alcoholic beverage commercials, prescription, and OTC drugs).** WE.7.13
- 14 Analyze the food industry and how it affects the health of society.** WE.7.14
- 15 Examine the influence of the family on the health of adolescents (e.g., smoking, drinking, drug use, meal plans).** WE.7.15

Health Information and Service

- 16 Research the costs of health information, insurance, products, and services.** WE.7.16
- 17 Identify valid health information from a variety of sources (e.g., home, community, internet).** WE.7.17

18 Explain why a situation might require professional and community health services. [WE.7.18](#)

19 Identify misinformation and stereotyping associated with food industries and/or health service. [WE.7.19](#)

Communication

20 Analyze effective verbal and non-verbal communication skills (e.g., body language, restating, individual/group conversation). [WE.7.20](#)

21 Analyze the effectiveness of a variety of positive coping mechanisms/conflict resolution skills (e.g., peer mediation, non-violent strategies to deal with upset feelings and difficult situations). [WE.7.21](#)

22 Give examples of refusal and negotiation skills to avoid health risks. [WE.7.22](#)

23 Discuss ways to develop and maintain healthy family relationships. [WE.7.23](#)

Decision Making

24 Apply established dietary guidelines in meal planning. [WE.7.24](#)

25 Discuss the consequences of poor nutritional choices. [WE.7.25](#)

26 Role-play situations and practice positive decision-making concerning alcohol, tobacco and other drugs. [WE.7.26](#)

27 Apply the steps of a decision-making process to solve a problem. [WE.7.27](#)

Goal Setting

28 Develop a personal health plan to address strengths and weaknesses (e.g., diet, exercise, sleep, relationships). [WE.7.28](#)

29 Explain the importance of the goal setting process when planning future events. [WE.7.29](#)

30 Discuss the impact of multiple factors on personal health goals (e.g., change of schools, getting older, new interests, family alteration). [WE.7.30](#)

Health Behaviors

31 Recognize risky or harmful behaviors that may occur in relationships (e.g., abuse, date rape, sexual activity). [WE.7.31](#)

32 Analyze the differences between safe and risky behaviors, including methods for preventing pregnancy and STDs/STIs, including Hepatitis B virus (HBV), HIV/AIDS, (e.g., abstinence, birth control, disease control). [WE.7.32](#)

33 Role-play protective behaviors used to avoid and reduce threatening situations (e.g., anger, bullying, harassment). [WE.7.33](#)

34 Identify strategies to reduce stress, anxiety, and depression. [WE.7.34](#)

35 Demonstrate CPR, hands only CPR, AED and basic first aid procedures. [WE.7.35](#)

Advocacy

- 36** Advocate to work cooperatively with family for healthy lifestyles (e.g., exercise together, diet plans, food preparation, spend time together). WE.7.36
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- 37** Explain why making positive health choices will influence others. WE.7.37
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- 38** Analyze results of national or state youth risk behavior survey information. WE.7.38