

# Grade 7

## Personal Health Concepts HE.7.PHC

### Standard 1 Core Concepts HE.7.PHC.1

- 1 Explain how physical, mental, social, and intellectual dimensions of health are interrelated. HE.7.PHC.1.1
- 2 Classify infectious diseases and their modes of transmission to the human body. HE.7.PHC.1.2
- 3 Explain the importance of assuming responsibility for personal and reproductive health behaviors. HE.7.PHC.1.3
- 4 Differentiate among professional health services that may be required. HE.7.PHC.1.4

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### Standard 2 Internal and External Influence HE.7.PHC.2

- 1 Interpret the potential impact of media/social media on health behaviors, personal thoughts, and feelings. HE.7.PHC.2.1
- 2 Analyze how environmental factors affect personal health. HE.7.PHC.2.2
- 3 Analyze how friends and peers influence the health of adolescents. HE.7.PHC.2.3
- 4 Analyze how family and cultural changes influence the health of adolescents. HE.7.PHC.2.4
- 5 Describe how personal health choices can affect hereditary risk factors. HE.7.PHC.2.5
- 6 Analyze personal beliefs as they relate to health practices. HE.7.PHC.2.6
- 7 Explain the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. HE.7.PHC.2.7
- 8 Describe safe and legal practices when participating in online communities. HE.7.PHC.2.8

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**Standard 3 Prevention and Decision Making** HE.7.PHC.3

- 1 Predict when health-related situations require the application of a thoughtful decision-making process. HE.7.PHC.3.1
- 2 Select healthy alternatives over unhealthy alternatives when making a decision. HE.7.PHC.3.2
- 3 Determine when individual or collaborative decision making is appropriate. HE.7.PHC.3.3
- 4 Predict the short and long-term consequences of engaging in health-risk behaviors. HE.7.PHC.3.4
- 5 Devise an individual goal (short or long term) to adopt, maintain, or improve a personal health practice. HE.7.PHC.3.5
- 6 Explain strategies and skills needed to assess progress and maintenance of a personal health goal. HE.7.PHC.3.6
- 7 Compare and contrast the effects of healthy and unhealthy behaviors on personal health. HE.7.PHC.3.7
- 8 Describe ways one can reduce or prevent injuries and adolescent health problems. HE.7.PHC.3.8
- 9 Practice behaviors that will maintain or improve personal health and reduce health risks, including reproductive health. HE.7.PHC.3.9

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**Standard 4 Advocacy** HE.7.PHC.4

- 1 Articulate ways to request access to healthy products, services, and environments. HE.7.PHC.4.1

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**Community and Environmental Health** HE.7.CEH**Standard 1 Core Concepts** HE.7.CEH.1

- 1 Investigate how the physical, mental, social, and intellectual dimensions of community health are interrelated. HE.7.CEH.1.1
- 2 Describe community health problems and concerns common to adolescents. HE.7.CEH.1.2

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**Standard 2 Internal and External Influence** HE.7.CEH.2

- 1 Examine how the school and community may influence the health behaviors of adolescents. HE.7.CEH.2.1
- 2 Evaluate how changes in social norms impact healthy and unhealthy behavior. HE.7.CEH.2.2
- 3 Evaluate how media/social media influences peer and community health behaviors. HE.7.CEH.2.3

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**Standard 3 Prevention and Decision Making** HE.7.CEH.3

- 1 Describe ways the community can reduce or prevent injuries and adolescent health problems. HE.7.CEH.3.1
- 2 Explain how injury or illness stemming from unhealthy or risky behaviors impacts the community. HE.7.CEH.3.2

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**Standard 4 Advocacy** HE.7.CEH.4

- 1 Evaluate how community practices influence the positive health choices of others. HE.7.CEH.4.1
- 2 Articulate a position on a health-related issue and support it with accurate health information. HE.7.CEH.4.2

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**Consumer Health** HE.7.CH

**Standard 1 Core Concepts** HE.7.CH.1

- 1 Explain how appropriate health care can promote personal health. HE.7.CH.1.1
- 2 Evaluate a variety of technologies to gather health information. HE.7.CH.1.2
- 3 Determine appropriate resources and services needed to attain a personal health goal. HE.7.CH.1.3

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**Standard 2 Internal and External Influence** HE.7.CH.2

- 1 Analyze ways consumer health messages can target different audiences through internet and social media sources. HE.7.CH.2.1
- 2 Analyze how messages from media/social media influence health behaviors. HE.7.CH.2.2
- 3 Evaluate the influence of technology in locating valid health information. HE.7.CH.2.3

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**Standard 3 Prevention and Decision Making** HE.7.CH.3

- 1 Analyze the validity of health information, products, and services. HE.7.CH.3.1
- 2 Compare resources and services needed to attain a personal health goal. HE.7.CH.3.2

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**Standard 4 Advocacy** HE.7.CH.4

- 1 Articulate ways students can request access to appropriate resources and services that promote healthy living. HE.7.CH.4.1