

# Grade 7

Students will comprehend content related to health promotion and disease prevention to enhance health.

- 1 Determine reasons why people choose to use or not to use alcohol and other drugs and describe situations that could lead to the use of alcohol and other drugs.** 7.1.1

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- 2 Describe the relationship between using alcohol and other drugs and injuries.** 7.1.2

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- 3 Explain the similarities and differences among nutrients regarding nutritional value and food sources.** 7.1.3

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- 4 Describe major chronic diseases and their relationship to what people eat and their physical activity level.** 7.1.4

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- 5 Explain the importance of a positive body image.** 7.1.5

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- 6 Describe how sharing or posting personal information electronically about self or others on social media sites can negatively impact mental and emotional health.** 7.1.6

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- 7 Explain causes and effects of stress.** 7.1.7

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- 8 Explain the behavioral and environmental factors that contribute to the major chronic diseases.** 7.1.8

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- 9 Determine the benefits of being sexually abstinent and summarize ways to prevent pregnancy.** 7.1.9

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- 10 Explain why individuals have the right to refuse sexual contact.** 7.1.10

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- 11 Explain signs, symptoms, transmission and prevention of the most common STDs.** 7.1.11

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- 12 Describe the social, economic and cosmetic consequences of tobacco use.** 7.1.12

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- 13 Describe examples of dangerous or risky behaviors that might lead to injuries.** 7.1.13

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- 14 Describe the signs and symptoms of people who are in danger of hurting themselves or others and explain the importance of telling an adult if there are people who are in danger of hurting themselves or others.** 7.1.14

Analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

- 1 Explain how personal values and beliefs can affect personal health and behaviors. 7.2.1
- 2 Research and demonstrate how sharing or posting personal information electronically can or has negatively impacted the mental/emotional health, social health and/or safety of self and others. 7.2.2

Access valid information, products and services to enhance health.

- 1 Compare and contrast health-related situations that call for professional services. 7.3.1
- 2 Analyze the availability of valid and reliable health information, services and products. 7.3.2

Use interpersonal communication skills to enhance health and avoid or reduce health risks.

- 1 Analyze effective verbal and nonverbal communication skills to enhance health and promote healthy behaviors and relationships. 7.4.1
- 2 Demonstrate how to ask for assistance to enhance the health of self and others. 7.4.2
- 3 Compare and contrast how refusal and negotiation skills are used to avoid or reduce health risks. 7.4.3
- 4 Determine how to use effective conflict management and/or resolution strategies. 7.4.4

Use decision-making skills to enhance healthy behaviors.

- 1 Describe healthy options when making a decision about health-related issues or problems. 7.5.1
- 2 Practice using a decision-making process to avoid or refuse addictive or harmful substances and/or behaviors. 7.5.2
- 3 Demonstrate the use of a decision-making process to enhance or establish healthy behaviors and relationships. 7.5.3

Use goal-setting skills to enhance healthy behaviors.

- 1 Describe strategies and skills needed to attain personal health goals. 7.6.1
- 2 Compare and contrast how personal health goals can vary with changing abilities, priorities and responsibilities. 7.6.2
- 3 Set a goal to maintain or improve personal health and/or wellness-related behaviors. 7.6.3

Practice health-enhancing behaviors and avoid or reduce health risks.

- 1 Explain the importance of being responsible for personal health and wellness-related behaviors. 7.7.1
- 2 Compare and contrast personal health practices and behaviors that improve the health and wellness of self and others. 7.7.2

**Advocate for personal, family and community health.**

**1 Express a health-enhancing position, supported with accurate information, to improve the personal health and wellness of others. 7.8.1**

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**2 Demonstrate how to influence and support others (peers, family and community) to make positive behavior choices to improve personal health and wellness. 7.8.2**