

# Grade 7

Adopted 2012

**Comprehend concepts related to health promotion and disease prevention to enhance health.**

**Identify behaviors for effectively handling peer pressure and stress.**

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**Analyze how hygiene, posture, and self-image affect overall health.**

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**Give examples of communicable diseases and discuss transmission and methods of prevention.**

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**Describe the effects of puberty on social and emotional behavior.**

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**Propose ways in which improving the environment can enhance physical, mental, and social health.**

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**Describe the relationship between tobacco and alcohol use and how it affects the development of serious health problems.**

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

**Describe the influence of culture on health behaviors.**

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**Analyze how the media and other sources influence health behavior.**

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**Explore technology and other resources to improve personal and family health.**

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**Demonstrate the ability to access valid health information and products and services to enhance health.**

**Critique sources of information regarding health products and services to determine if they are reliable or unreliable.**

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**Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.**

**Demonstrate various forms of effective communication.**

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**Demonstrate strategies to manage conflict in healthy ways.**

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**Examine how to handle difficult interpersonal situations through effective communication.**

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**Demonstrate the ability to use decision-making skills to enhance health.**

**Demonstrate the ability to apply decision-making models to health issues and problems.**

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**Demonstrate the ability to use goal-setting skills to enhance health.**

**Apply strategies and skills needed to attain goals that will contribute to a healthy active lifestyle.**

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**Develop an action plan for achieving a personal health goal.**

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**Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.**

**Demonstrate practices of making safe choices.**

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**Distinguish among use, misuse, and abuse of substances.**

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**Identify how a properly balanced diet and exercise influence healthy body weight.**

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**List health professionals that provide education, counseling services, and treatment to prevent communicable disease.**

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**Demonstrate the ability to advocate for personal, family, and community health.**

**Demonstrate an ability to influence others to become involved in healthy community projects.**