

Grade 7 Health Education Curriculum

Nutrition

Am I a healthful eater? Is this a healthy eating choice for me? What influences my choices?

- Understands basic nutritional information and terms- i.e. nutrients, empty calories, Dietary Guidelines
- Reads and interprets information on food labels
- Analyzes one's own diet for nutritional value, applying one's knowledge of six basic nutrients and the food pyramid
- Makes healthy eating choices
- Explains how the media, family habits, cultural background influences one's decisions in selecting food and snacks. Include a discussion of body image.

Violence Prevention

Bullying, Harassment and Sexual Harassment

What do I do if someone is being picked on or harassed?

- Understands the key concepts, school rules, and laws relating to bullying, harassment, and sexual harassment
- Knows how to access school and community resources to assist victims of bullying, harassment, and sexual harassment
- Practices effective communication skills
 - Strategies to manage and resolve conflict in healthy ways, including peer mediation
 - Refusal and negotiation skills to enhance health

Substance Abuse Prevention

How do I reach my goal of remaining substance free? How can I say "no" and still keep my friends?

- Knows the effects of alcohol or marijuana use
- Analyzes the influence of culture, media, technology, and other factors on behaviors and decisions related to alcohol, marijuana, and other substance use/non-use
- Knows the consequences for using alcohol, tobacco and other drugs
- Knows where and how to locate resources to support the abuser or his/her friends and family
- Practices ways to stay drug free

Growth and Development

What are these changes I am going through? What is a healthy relationship? What skills do I need to maintain safe and healthy relationships?

- Knows the basics of the male and female anatomy, including the development of the fetus from conception to birth
- Understands why abstinence is the only 100% safe and reliable method to prevent pregnancy
- Knows what a healthy and safe friendship is and how to maintain it

- Analyzes the ways the media influences one's behaviors and decision making related to sexuality
- Uses refusal skills in regards to situations involving relationships and sexual issues
- Accesses resources related to information on adolescence, pregnancy and related issues of sexuality

Growth and Development – HIV/AIDS:

What exactly is HIV/AIDS? Where do I get accurate information?

- Knows the stages and symptoms of HIV/AIDS, including methods of transmission
- Explains the ways to protect oneself from HIV/AIDS, including abstinence
- Knows how to access community resources and adults to help a person with HIV/AIDS or his/her family /friends
- Knows how to get accurate, updated information about AIDS and HIV from a variety of resources, including the Internet