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## Health Education: Grade 7

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In addition to the content standards, Health Education teachers must instill health literacy skills (HESK) into classroom activities. The six HESK have a two-fold benefit. First, they promote personal, family, and community health. Second, they teach essential and transferable skills that include accessing data, analyzing information, setting goals, and communicating ideas.

Strand:

### **HESK Health Literacy Skills**

The student applies health literacy skills in concert with health concepts to enhance personal, family and community health; that is, the student will:

Standards:

- HESK1:** access valid health information;
- HESK2:** practice health-enhancing behavior;
- HESK3:** analyze influences on health;
- HESK4:** use interpersonal communications skills to enhance health;
- HESK5:** use goal setting and decision making skills to enhance health; and
- HESK6:** advocate for health.

Strand:

### **HE1 Personal and Community Health**

The student understands the basic concepts of hygiene, health habits, and health promotion; that is, the student will:

Standards:

- HE1a:** classify potential environmental risks to health;
- HE1b:** analyze the impact of internal and external factors on the incidence and prevalence of noncommunicable diseases;
- HE1c:** explain the components of wellness and their relationship to total health;
- HE1d:** describe how physical, social, and emotional environments influence personal health and wellness;
- HE1e:** analyze how lifestyle and family history are related to the causes or prevention of disease; and
- HE1f:** compare various personal and community health-related careers.

Strand:

### **HE2 Safety and Injury Prevention**

The student demonstrates understanding of basic concepts related to safety, injury prevention or sudden illness, and prevention of child abuse and child neglect; that is, the student will:

Standards:

- HE2a:** identify ways to address safety risks present in school and in the community;
- HE2b:** predict outcomes of risk taking behaviors for the student's age group;
- HE2c:** demonstrate strategies for preventing and responding to personal injuries; and
- HE2d:** examine careers related to safety and injury prevention.

Strand:

### **HE3 Nutrition and Physical Activity**

The student understands how healthful nutrition and physical activity contribute to growth and energy and help prevent chronic diseases such as heart disease, cancer, and diabetes; that is, the student will:

Standards:

- HE3a:** identify the relationship between food intake and chronic disease;

**HE3b:** analyze a personal nutritional assessment to determine health protections and risks;

**HE3c:** formulate a plan for daily physical activity; and

**HE3d:** examine careers related to nutrition and physical activity.

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**HE4 Mental Health**

The student understands how mental health contributes to general well-being; that is, the student will:

Standards:

**HE4a:** describe healthful ways to express and manage strong emotions;

**HE4b:** demonstrate healthful strategies for diminishing bullying behaviors;

**HE4c:** describe the characteristics of good mental health;

**HE4d:** describe situations requiring professional health services; and

**HE4e:** compare and contrast careers related to mental health.

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**HE5 Alcohol, Tobacco, and Other Drugs**

The student understands licit and illicit drugs and how to prevent abuse and access intervention and treatment resources; that is, the student will:

Standard:

**HE5a:** recognize warning signs of drug dependence;

**HE5b:** describe intervention and treatment services related to drug dependency and abuse; and

**HE5c:** identify careers related to pharmaceutical fields and the prevention, intervention, and treatment of chemical dependency.

Strand

**HE6 Family Life and Human Sexuality**

The student understands the developmental changes that occur as he or she grows and matures through childhood to young adulthood and how these changes prepare one for adult roles in the family and society; that is, the student will:

Standard:

**HE6a:** apply information about the structure and function of the human reproductive system to varied rates and stages of adolescent development;

**HE6b:** analyze how family values, culture, religious views, and other factors influence decisions about family planning;

**HE6c:** analyze routes of transmission and strategies for prevention of HIV/AIDS and other sexually transmitted diseases (STDs); and

**HE6d:** examine careers related to family life and human sexuality.