

Health Education: Grade 7

Health Literacy Skills

- Accesses valid health information
- Practices health-enhancing behaviors
- Analyzes influences on health
- Uses interpersonal communications skills to enhance health
- Uses goal-setting and decision-making skills to enhance health
- Advocates for health

Personal and Community Health

- Analyzes the impact of internal and external; factors on the incidence and prevalence of non communicable diseases
- Explains components of wellness and relationship to total health
- Compares various personal and community health related careers

Safety and Injury Prevention

- Investigates resources in school and in the community that address safety issues
- Predicts outcomes of risk-taking behaviors for the student's age group
- Judges the consequences of gang involvement
- Examines careers in safety and injury prevention

Nutrition and Physical Activity

- Identifies relationship between food intake and chronic disease
- Analyzes a personal nutritional assessment to determine healthful and less healthful nutritional practices
- Formulates a plan for daily physical activity
- Examines careers in nutrition and physical activity

Mental Health

- Describes healthful ways to express and manage strong emotions
- Describes situations requiring professional health services
- Compares and contrasts careers in mental health

Alcohol, Tobacco, and Other Drugs

- Describes intervention and treatment services related to drug dependence, abuse and addiction
- Identifies careers related to pharmaceutical fields and the prevention, intervention, and treatment of chemical dependency

Family Life and Human Sexuality

- Applies information about the structure and function of the human reproductive system to varied rates and stages of adolescent development
- Analyzes routes of transmission and strategies for prevention of HIV/AIDS and other sexually transmitted diseases (STDs)
- Examines careers in family life and human sexuality