

Curriculum Framework– Health Education, Grade 7

Health literacy is the ability to access, understand, appraise, apply and advocate for health information and services in order to maintain or enhance one’s own health and the health of others. The goal of health education is to develop health literate individuals. Health literate individuals can implement seven health skills while understanding multiple health areas to maintain or improve their own health and the health of others.

HE.700.11: Analyzing Influences: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

- 700.11.01 Analyze how relevant influences of family and culture, school and community, media and technology, and peers affect personal health and wellness-related practices and behaviors.
- 700.11.02 Explain how social expectations influence healthy and unhealthy alcohol- and other drug-use practices and behaviors.
- 700.11.03 Describe how some health risk behaviors influence the likelihood of engaging in unhealthy eating practices and behavior.
- 700.11.04 Describe how some health risk behaviors influence the likelihood of engaging in other unhealthy mental and emotional health behaviors.
- 700.11.05 Describe how some personal health risk behaviors, such as using alcohol and other drugs, influence the likelihood of engaging in other unhealthy personal health and wellness-related behaviors.
- 700.11.06 Analyze how relevant internal and external influences (media, personal, family, culture, peers) affect personal physical activity.
- 700.11.07 Describe how some health risk behaviors influence safety and injury prevention practices and behaviors (e.g., how alcohol and other drug use increased the risk of unintentional injury).
- 700.11.08 Describe how some health risk behaviors influence the likelihood of engaging behaviors (e.g., how alcohol use influences sexual risk behavior).
- 700.11.09 Analyze how relevant influences of media (e.g., tobacco advertising) and technology affect tobacco-related practices and behaviors.

HE.700.12: Accessing Information: Students will demonstrate the ability to access valid information and products and services to enhance health.

- 700.12.01 Analyze the validity and reliability of alcohol and other drug-use prevention and treatment services.
- 700.12.02 Determine the availability of valid and reliable nutrition products.
- 700.12.03 Access valid and reliable mental and emotional health information from home, school or community.

- 700.12.04 Describe situations that call for professional personal health and wellness products.
- 700.12.05 Locate valid and reliable safety and injury prevention products & services.
- 700.12.06 Access valid and reliable sexual health information from home, school or community.
- 700.12.07 Analyze the validity and reliability of tobacco-related cessation products and services.
- 700.12.08 Access and locate valid and reliable violence prevention information from home, school or community.

HE.700.13: Interpersonal Communication: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

- 700.13.01 Demonstrate the use of effective verbal and nonverbal communication to avoid alcohol and other drug use.
- 700.13.02 Identify effective peer resistance skills to avoid or reduce exposure to unhealthy food choices.
- 700.13.03 Apply effective peer resistance skills to avoid or reduce mental and emotional health risks.
- 700.13.04 Demonstrate how to manage personal information in electronic communications and when using social media to protect the personal safety of oneself and others.
- 700.13.05 Examine effective negotiation skills and peer resistance skills to avoid or reduce sexual risk behaviors.
- 700.13.06 Identify strategies to effectively ask for assistance to quit using tobacco.
- 700.13.07 Model how to communicate empathy and support for others to prevent violence.

HE.700.14: Decision Making: Students will demonstrate the ability to use decision-making skills to enhance health.

- 700.14.01 Explain how family, culture, media, peers, and personal beliefs affect a decision related to alcohol and other drug use.
- 700.14.02 Explain how internal and external influences affect a decision related to healthy eating behaviors.
- 700.14.03 Distinguish between healthy and unhealthy alternatives of a mental and emotional health related decision.
- 700.14.04 Distinguish between healthy and unhealthy alternatives of a personal health and wellness-related decision.
- 700.14.05 Choose a healthy alternative when making a decision that could lead to violence.

HE.700.15: Goal Setting: Students will demonstrate the ability to use goal-setting skills to enhance health.

- 700.15.01 Set a realistic personal goal to be alcohol- and drug-free or to avoid riding in a motor vehicle with a driver who is under the influence of alcohol or other drugs.
- 700.15.02 Assess the barriers to achieving a personal goal to improve healthy eating behaviors.
- 700.15.03 Set a personal goal, assess barriers, & apply strategies to overcome barriers to achieving a personal goal to avoid or reduce the risk of pregnancy and transmission of HIV and other STIs.

HE.700.16: Self-Management: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- 700.16.01 Describe how some health risk behaviors influence the likelihood of engaging in violent behaviors (e.g., how alcohol and other drug use influence violent behaviors).
- 700.16.02 Demonstrate violence prevention practices and behaviors to improve the health of oneself and others.
- 700.16.03 State a health-enhancing position on a mental and emotional health topic, supported with accurate information, to improve the health of others (at a very basic level).

HE.700.17: Advocacy: Students will demonstrate the ability to advocate for personal, family, and community health.

- 700.17.01 Collaborate with others to advocate for individuals, families, and schools to be physically active.
- 700.17.02 Persuade others to avoid teasing, bullying, or stigmatizing others based on their personal characteristics or aspects of their sexuality and gender identity (such as sexual activity, sexual abstinence, sexual orientation, gender expression, and gender identity), growth and development or physical appearance.

HE.700.21 Mental and Emotional Health: Students will demonstrate the ability to use mental and emotional health knowledge, skills, and strategies to enhance wellness.

- 700.21.01 Describe how mental and emotional health can affect health-related behaviors.
- 700.21.02 Locate valid and reliable mental and emotional health products and services.
- 700.21.03 Describe pro-social behaviors that help prevent violence.
- 700.21.03 Demonstrate healthy ways to manage or resolve interpersonal conflict.
- 700.21.04 Describe ways to be open to others perspectives and manage interpersonal conflict nonviolently.

- 700.21.05 Distinguish when decisions about a mental or emotional health problem should be made individually or with the help of others.
- 700.21.06 Explain how family, culture, media, peers, and personal beliefs affect a mental or emotional health related decision.
- 700.21.07 Describe a variety of appropriate ways to respond to stress when angry or upset.
- 700.21.08 Explain the causes and effects of stress.
- 700.21.09 Explain the causes, symptoms, and effects of anxiety.

HE 700.22 Alcohol, Tobacco and Other Drugs: Students will demonstrate the ability to use drug knowledge, decision-making skills, and health enhancing strategies to address the non-use, use and abuse of medications, alcohol, tobacco and other drugs.

- 700.22.01 Analyze how relevant influences of media (e.g., alcohol advertising) and technology affect alcohol and other drug use practices and behaviors.
- 700.22.02 Determine reasons why people choose to use or not use alcohol and other drugs.
- 700.22.03 Summarize the dangers of experimenting with tobacco products, including vaping and smokeless.
- 700.22.04 Describe situations that call for professional alcohol- and other drug-use treatment services.
- 700.22.05 Determine reasons why people choose to use or not to use alcohol or other drugs.
- 700.22.06 Summarize how smoking cessation programs can be successful.
- 700.22.07 Demonstrate effective peer resistance skills to avoid or reduce alcohol and other drug use.
- 700.22.08 Demonstrate the use of effective verbal and nonverbal communication to avoid riding in a motor vehicle with a driver who is under the influence of alcohol or other drugs.
- 700.22.09 Persuade others to avoid riding in a motor vehicle with a driver who is under the influence of alcohol or other drugs.
- 700.22.10 Distinguish between healthy and unhealthy alternatives of a decision related to alcohol and other drug use.
- 700.22.11 Describe situations that could lead to the use of alcohol and other drugs.
- 700.22.12 Use strategies and skills to achieve a personal goal to be alcohol- and drug-free or to avoid riding in a motor vehicle with a driver who is under the influence of alcohol or other drugs.

HE.700.23 Personal and Consumer Health: Students will demonstrate the ability to use knowledge, skills, and strategies to develop sound personal and consumer health practices involving the use of healthcare products, services, and community resources.

- 700.23.01 Describe health care services, such as physicians/specialists, local health departments, hospitals, rehabilitation facilities, and holistic medicines.

HE.700.24 Family Life and Human Sexuality: Students will demonstrate the ability to use human development knowledge, social skills, and health enhancing strategies to promote positive relationships and healthy growth and development throughout the life cycle.

- 700.24.01 Explain the benefits of respecting individual differences associated with sexuality and gender identity (such as sexual activity, sexual abstinence, sexual orientation, gender expression, and gender identity), growth and development or physical appearance.
- 700.24.02 Identify healthy alternatives when making a sexual health-related decision & analyze the effectiveness of a sexual health-related decision.

HE.700.25 Safety and Injury Prevention: Students will demonstrate the ability to apply prevention and intervention knowledge, skills, and processes to promote safe living in the home, school, and community.

- 700.25.01 Describe how sharing or posting personal information electronically about self or others on social media sites (e.g., chat groups, e-mail, texting, websites, phone and tablet applications) can negatively impact personal safety of self or others.
- 700.25.02 Analyze the risks of using violence as an impulsive behavior or response to stress or conflict.
- 700.25.03 Describe strategies to avoid physical fighting and violence.
- 700.25.04 Describe examples of dangerous or risky behaviors that might lead to injuries.
- 700.25.05 Explain the importance of telling an adult if there are people who are in danger of hurting themselves and others.
- 700.25.06 Recognize contributors to harassment and intimidating behaviors.
- 700.25.07 Examine the influence of peer groups as they relate to harassing and intimidating behaviors.
- 700.25.08 Describe ways to change unsafe situations at school and in the community.
- 700.25.09 Identify the need to empower and support people being harassed or abused.
- 700.25.10 Recognize contributors to abuse and assault.
- 700.25.11 Recognize the role of bystanders to reject and report inappropriate behavior or manipulation.
- 700.25.12 Identify source of support that a student can go to if they or someone they know is being abused or assaulted.

- 700.25.13 Discuss power differences in relationships between potential abusers and their victims.

HE.700.26 Nutrition and Fitness: Students will demonstrate the ability to use nutrition and fitness knowledge, skills, and strategies to promote a healthy lifestyle.

- 700.26.01 Summarize how physical activity can contribute to maintaining a healthy body weight.
- 700.26.02 Locate valid and reliable nutrition products.
- 700.26.03 Explain why the recommended amount of food a person needs each day may be different for each food group.
- 700.26.04 Demonstrate effective negotiation skills to avoid or reduce unhealthy eating.
- 700.26.05 Distinguish between healthy and unhealthy alternatives of a decision related to eating behaviors.
- 700.26.06 Develop a plan to attain a personal goal to improve healthy eating behaviors.
- 700.26.07 Summarize the mental and social benefits of physical activity.

HE 700.27 Disease Prevention and Control: Students will demonstrate the ability to apply prevention and treatment knowledge, skills and strategies to reduce susceptibility and manage disease.

- 700.27.01 Describe major chronic diseases and their relationship to what people eat and their physical activity level.
- 700.27.02 Explain the behavioral and environmental factors that contribute to the major chronic diseases.
- 700.27.03 Explain how the most common STIs are transmitted.
- 700.27.04 Describe the importance of seeking help and treatment for common infectious diseases and chronic diseases.
- 700.27.05 Describe first response procedures needed to treat injuries and other emergencies.
- 700.27.06 Describe usual signs and symptoms of common STIs.
- 700.27.07 Summarize ways that common infectious diseases are transmitted.