

7th GRADE

Mental, Emotional and Social Health

Lessons

Indicators

Wellness Review

(Dimensions of Wellness)

Body Image

M-7.4.1 Explain how talking about feelings and emotions promotes mental health.

NAMI Presentation
(Magnify Mental Health
Posters)

M-7.1.1 Identify situations that may require professional mental, emotional, and social health services.

P-7.4.1 Demonstrate how to ask for assistance to enhance the health of self and others.

P-7.8.1 Advocate for a healthy school, community, and natural environment..

Managing Stress,
Anger, Depression
What are Eating
Disorders

M-7.7.1 Discuss healthy strategies for managing stress, anger, and other feelings (including depression).

N-7.1.3 Identify signs and symptoms of disordered eating.

Day 2 - Finish
Discussion

7th GRADE

Personal Health

Lessons

Indicators

Influence of Social Norms on Health
(Erin's Law Lesson)

P-7.2.1 Explain ways that personal perceptions of social norms influence healthy and unhealthy behaviors.

Hereditary and Environmental Factors
(What makes me healthy?)

P-7.1.3 Analyze ways that hereditary and environmental factors affect personal health.
P-7.2.2 Analyze ways that environmental conditions affect personal and community health.

Common Adolescent Health Issues

P-7.1.1 Identify ways to prevent or lessen common adolescent health issues (for example, acne, disordered eating, inactivity).
P-7.1.2 Explain how oral health problems can affect overall health.
P-7.7.1 Describe strategies to detect and treat common health problems.

Personal Health Goals
(Digital Poster Activity)

P-7.6.1 Analyze ways that health goals can vary with changing abilities, priorities, and responsibilities.
P-7.6.2 Develop a goal to adopt, maintain, or improve a personal health practice (for example, avoid ATOD, promote safety, brush and floss teeth).

Day 2 - Finish Activity

7th GRADE

Injury Prevention and Safety

Lessons

Indicators

Emergency situations
(First Aid Role Play Lesson)

I-7.1.2 Identify emergency situations (for example, choking, drowning, poisoning) and safe methods of responding to them (CPR [cardiopulmonary resuscitation] and universal precautions).

Injury Prevention
Accident Chain
(Post-it Group Activity)

I-7.7.1 Develop injury prevention and treatment strategies for personal and family health.
I-7.3.1 Demonstrate the ability to utilize resources at home and in the school and community

Bullying / Cyberbullying
(Feelings hurt or bullied?)

I-7.1.1 Discuss the consequences of gangs and bullying, including cyberbullying.

Conflict Management
(Work It Out Activity)

I-7.4.1 Demonstrate effective conflict management or resolution strategies.

Create a Safe School
(Upstander lesson)

I-6.8.1 Describe ways to advocate for a safe school environment.

7th GRADE

Alcohol, Tobacco and Other Drugs

Lessons

Indicators

Review Guidelines for Proper and Improper Use of OTC Drugs

D-7.1.1 Compare and contrast drug misuse, drug abuse, and drug dependence.
D-7.7.1 Discuss guidelines for using prescription and OTC (over-the-counter) drugs properly.

Discuss Risks of ATOD on Individuals, Peers and Family (Real Deal)

D-7.1.2 Describe risks associated with ATOD use, dependence, and addiction.
D-7.1.6 Describe the short- and long-term effects and consequences of ATOD use (including the impact on fetal development).

Discuss the impact of ATOD use (Silent Graffiti Activity)

D-7.1.3 Discuss the impact of ATOD use and abuse on the individual, his or her peers, and family members.
D-7.2.1 Analyze the influence of culture and the media on ATOD use and nonuse.

Make a decision about ATOD use (Decision Making Model)

D-7.1.4 Define the term “social norms” and explain how these norms pertain to ATOD use.
D-7.5.1 Apply a decision-making process to ATOD issues.
D-7.5.2 Explain ways that a person’s decisions about ATOD affect relationships with his or her family members and peers.

Alternatives, resources and advocating for Drug-Free living

D-7.1.5 Describe positive alternatives to ATOD use.
D-7.3.1 Access valid resources for ATOD-related problems.
D-7.8.1 Demonstrate ways to advocate remaining drug-free.

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Nutrition and Physical Activity

Lessons

Indicators

What is a balanced diet?
(Focus on Hydration)

N-7.1.1 Explain why a person should follow the federal dietary guidelines.
N-7.1.4 Define the term “hydration” and explain the benefits of hydration during physical activity.
N-7.1.7 Explain safe food handling and preparation.
N-7.5.1 Use the federal dietary guidelines to compare and contrast food choices from a variety of restaurants.

What influences your food choices?
(Vocabulary Scavenger Hunt)

N-7.1.2 Analyze the benefits of healthy eating in relation to disease prevention.
N-7.2.1 Analyze ways that culture and the media influence an individual’s food choices and physical activity.
N-7.7.1 Explain the relationship between food selection and oral health.
N-7.6.1 Set a goal to achieve a balanced diet.

What is healthy physical activity?

N-7.1.4 Define the term “hydration” and explain the benefits of hydration during physical activity.
N-7.1.5 Explain the benefits of engaging in moderate to vigorous physical activity daily.
N-7.6.2 Set a goal to increase his or her physical activity, monitor the progress of that goal, and make the necessary adjustments to reach it. (Activity log during Physical Education)

What influences your physical activity?

N-7.2.1 Analyze ways that culture and the media influence an individual’s food choices and physical activity.
N-7.2.2 Examine the influence of screen time on the physical activity levels of adolescents.

Relationship between food, calories & physical activity (STEAM 1-2-3)

N-7.2.1 Analyze ways that culture and the media influence an individual’s food choices and physical activity.
N-7.2.2 Examine the influence of screen time on the physical activity levels of adolescents.

7th GRADE

Growth, Development, and Sexual Health and Responsibility

Lessons

Indicators

Anatomy

- G-7.2.1 Explain ways that culture and the media influence family and peer attitudes toward sexuality.
- G-7.2.2 Discuss the influence of others on an individual's views and behaviors regarding his or her own sexuality including physical appearance.
- G-7.1.1 Explain the structures and functions of the male and female reproductive systems.
- G-7.1.4 Identify reproductive problems found in males and females.

Pregnancy, Childbirth and Contraception

- G-7.1.2 Describe the advantages of abstinence.
- G-7.1.3 Describe the scientific processes of fertilization, pregnancy, fetal development, and childbirth.

STIs/ STDs Prevention & Dating Violence (SEPARATE MALE & FEMALE)

- G-7.1.5 Describe signs and symptoms of STIs/STDs, HIV, and AIDS.
- G-7.1.6 Identify effective treatments for STIs/STDs, HIV, and AIDS.
- G-7.1.7 Explain effective methods for the prevention of STIs/STDs and HIV.
- G-7.1.9 Define the terms "dating violence," "sexual harassment," and "sexual abuse."
- G-7.3.2 Locate valid information and resources related to dating violence, sexual harassment, and sexual abuse.

Abstinence & Refusal skills

- G-7.1.2 Describe the advantages of abstinence.
- G-7.4.1 Demonstrate communication and refusal skills to promote abstinence and to avoid risk behaviors.
- G-7.5.1 Apply a decision-making process to promote abstinence and to avoid risk behaviors.

Finding resources (Assessment)

- G-7.7.1 Discuss strategies for dealing with harmful behaviors in relationships, including dating violence.
- G-7.3.1 Demonstrate the ability to access valid information and resources related to reproductive health and STIs/STDs.