



**HEALTH**  
**SEVENTH GRADE**  
**17.00800**

## Seventh Grade Health Education Standards

### 17.00800

*Students in seventh grade have an understanding of the origins and causes of diseases, including the relationship between family history and certain health risks. They begin to relate short- and long-term consequences of health choices and apply health skills to specific personal, family, and community health concerns. Students can discern relationships among all components of health and wellness and knowledgeably use consumer information.*

#### **HE7.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.**

**Description:** Students will acquire basic personal health concepts that help maintain healthy behaviors and prevent disease. Seventh grade students will describe patterns of healthy behaviors to prevent or reduce their risk of injury and /or illness throughout their lifespan.

- a. Examine how healthy behaviors influence personal health.
- b. Summarize the interrelationship of emotional, social, and physical health in adolescence.
- c. Analyze how the environment can impact personal health.
- d. Cite how family history can impact personal health.
- e. Explain ways to reduce or prevent health risks among adolescents.
- f. Describe how immediate health care can promote individual health.
- g. Determine the barriers to practicing healthy behaviors.
- h. Predict the risk of injury or illness if engaging in unhealthy behaviors.

#### **HE7.2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.**

**Description:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. Seventh grade students will compare how the family, peers, and culture influence personal and family health. Students will examine how the media influence thoughts, feelings, and health behaviors.

- a. Describe how family values and behaviors influence the health of adolescents.
- b. Discuss the influence of culture on health behaviors.
- c. Describe how peers influence unhealthy behaviors.
- d. Identify how the school can affect personal health practices and behaviors.
- e. Examine how information from the media influences health behaviors.
- f. Interpret the influence of technology on personal health.
- g. Indicate how the perceptions of norms influence healthy and unhealthy behaviors
- h. Describe the influence of personal beliefs on health practices and behaviors.
- i. Discuss how some risky choices can influence the likelihood of unhealthy behaviors.

- j. Identify how public health policies can influence disease prevention.

**HE7.3: Students will demonstrate the ability to access valid information and products and services to enhance health.**

**Description:** Students will access valid health information and health-promoting products and services. Seventh grade students will differentiate services that promote healthy living within the school and community from unreliable sources of health services

- a. Examine the validity of health information, products, and services.
- b. Access valid health information from home, school, and community.
- c. Determine the accessibility of products that enhance health.
- d. Describe the situations that may require professional health services.
- e. Locate valid health information from school and community.

**HE7.4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.**

**Description:** Students will use effective communication skills to enhance personal, family, and community health. Seventh grade students will demonstrate verbal and nonverbal communication skills to improve or maintain healthy relationships.

- a. Apply effective verbal and nonverbal communication skills to enhance health.
- b. Model refusal and negotiation skills that avoid or reduce health risks.
- c. Demonstrate effective conflict management or resolution strategies.
- d. Demonstrate how to ask for assistance to enhance the health of self and others.

**HE7.5: Students will demonstrate the ability to use decision-making skills to enhance health.**

**Description:** Students will use decision-making skills to identify, apply, and maintain health-enhancing behaviors. Seventh grade students will list the steps of the decision-making process which enables them to collaborate with others to improve the quality of their lives. Students will distinguish between healthy and unhealthy behaviors and rationalize their choices to their peers.

- a. Describe situations that can help or hinder making a healthy decision.
- b. Examine whether a health-related situation requires the application of a thoughtful decision-making process.
- c. Determine when individual or collaborative decision making is appropriate.
- d. Differentiate between healthy and unhealthy alternatives to health-related issues or problems.
- e. Relate the potential short-term impact of each alternative on self and others.
- f. Select healthy alternatives over unhealthy alternatives when making a decision.

- g. Examine the outcomes of a health-related decision.

**HE7.6: Students will demonstrate the ability to use goal-setting skills to enhance health.**

**Description:** Students will use goal-setting skills to identify, apply, and maintain health-enhancing behaviors. Seventh grade students will apply the critical steps that should be used to achieve both short term and long-term health goals. Students will demonstrate an understanding that circumstances may dictate a change in future health goals.

- a. Examine the effectiveness of personal health practices.
- b. Select a goal to improve a personal health practice.
- c. Demonstrate the skills necessary to achieve a personal health goal.
- d. Relate how personal health goals can vary with differing abilities and priorities.

**HE7.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.**

**Description:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. Seventh grade students will identify how diseases and injuries can be prevented by reducing harmful and at risk behaviors. Students will demonstrate how to reduce harmful and at risk behaviors to enhance their health.

- a. Describe the importance of assuming responsibility for personal health behaviors.
- b. Give personal examples of healthy behaviors that will maintain or improve the health of self and others.
- c. Demonstrate behaviors to avoid or reduce health risks to self and others.

**HE7.8: Students will demonstrate the ability to advocate for personal, family, and community health.**

**Description:** Students will demonstrate the ability to advocate for personal, family, and community health. Seventh grade students will develop a wide variety of advocacy skills such as persuasiveness, collaboration, and communication techniques. Advocacy skills will help students promote healthy norms and behaviors.

- a. Select a health-enhancing position and support it with accurate information.
- b. Demonstrate how to influence and support others to make positive health choices.
- c. Work with others to advocate for healthy individuals and families.
- d. Examine the ways that health messages can be altered to reach different audiences.