

HEALTH

7th grade

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Health is the mental, social and physical well being of a person.

A focus of each unit is decision making.

Unit 1. Social and Emotional Health

- Stress – what is it and how to manage it
- Styles of communication- aggressive, passive, aim for assertive
- Warning signs of depression and suicide
- Character traits (trustworthiness, respect, responsibility, caring, fairness, Citizenship)
- Conflict Resolution- peer pressure, respond to scenarios- decision making
- Speaking and listening skills – act it out
- Anger management

Unit 2. Personal Health and Wellness

- Importance of sleep and rest
- Infectious diseases- direct/ indirect contact
- Prevention of the spread of illnesses
- Sun facts- take control of your sun exposure- sunscreen, etc.
- Decision making on your personal health – respond to scenarios

Unit 3. Nutrition and Physical Activity

- Benefit of eating healthy and being physically active
- Two day recording of own eating and physical activity
- Five food groups www.choosemyplate.gov
- Plan a healthy menu- decision making
- Eating out
- Body image- energy balance
- Reading nutrition facts and ingredients on food labels

Unit 4. Alcohol, Tobacco, and Other Drugs

- Alcohol
- Tobacco
- Marijuana
- Anabolic steroids
- Stimulants (cocaine, crack, methamphetamine, amphetamine, tobacco, Caffeine)
- Club Drugs (rohypnol, ketamine, ecstasy)
- Depressants (alcohol, barbiturates, tranquilizers)
- Narcotics (heroin, codeine, oxycontin, morphine)
- Inhalants
- Hallucinogens (LSD, PCP)
- Risky situations- decision making
- Refusal skills- decision making

Unit 5. Safety

- How to stop bleeding
- How to help someone or self if choking
- Healthy and harmful relationships- decision making
- Dating and safety- decision making
- Look out for harmful characteristics in relationships
- Sexual harassment
- Preventing and avoiding violence- assault, battery, domestic abuse, rape
- Conflict Resolution
- Skills in dealing with intimidation
- Skills and strategies for dealing with violence

Unit 6. Reproductive Health on back side: