

7th Grade Health

<p>7.1: Health Promotion</p> <p>All students will achieve optimal wellness by learning and applying health promotion concepts and skills.</p>	<p>A. Personal Health and Wellness</p> <ul style="list-style-type: none"> · Assess the impact of the five dimension of wellness on an individual’s life. (Social, emotional, mental, spiritual, and intellectual) · Critique the appropriate selection and use of healthcare and personal hygiene products (e.g. tanning products, make-up, hair care) commonly used by adolescents. · Evaluate the impact of health behaviors and choices on personal and family wellness. · Analyze health data and information to make predictions about wellness. · Investigate how technology and medical advances such as transplants, clothing, genetic mapping, and fitness machines impact wellness. 	<p>1.1 - 1.20, 1.23, 1.26, 1.28, 1.30</p>
<p>7.2: Life Skills</p> <p>All students will achieve optimal wellness by learning and applying personal, interpersonal, and life skills.</p>	<p>F. Health Services and Careers</p> <ul style="list-style-type: none"> · Explain health and fitness services available in the school and community, demonstrate how to access them, and evaluate them comparing benefits and costs. · Explain preparation and job requirements for health and fitness careers. 	<p>1.1 - 1.20, 1.23, 1.26, 1.28, 1.30</p>
<p>7.3: Drugs and Medicines</p> <p>All students will achieve optimal wellness by learning and applying substance abuse prevention concepts and skills.</p>	<p>A. Medicines</p> <ul style="list-style-type: none"> · Compare commonly used over-the-counter medicines. · Classify commonly administered medicines and describe the potential side effects of each classification. · Recommend safe practices for the use of prescription medicines. · Contrast the benefits and dangers of naturally occurring substances, such as herbs, organics, and supplements. <p>B. Tobacco</p> <ul style="list-style-type: none"> · Investigate the relationship between tobacco use and respiratory diseases, cancer, heart disease, and stroke, and injuries such as burns or motor vehicle crashes. · Critique the health risks posed to nonsmokers by side stream/passive smoking. <p>C. Alcohol</p> <ul style="list-style-type: none"> · Investigate how the use and abuse of alcohol contributes to illness such as cancer, liver disease, heart disease, and injuries. · Analyze how the use and abuse of alcohol impacts thinking, reaction time, and behavior. · Predict the relationship between the use of alcohol, GHB, Ecstasy, and other related substances and the incidence of date rape and sexual assault. <p>D. Inhalants</p>	<p>1.1 - 1.20, 1.23, 1.26, 1.28, 1.30</p>

	<ul style="list-style-type: none">· Educate about sudden sniffing syndrome and the resultant brain, nerve, and vital organ damage that can result from the use of inhaled substances. <p>E. Other Drug Classifications</p> <ul style="list-style-type: none">· Categorize commonly abused drugs by their classification and actions.· Assess the physical and behavioral effects of each classification of drugs.· Analyze health risks associated with injecting drug use.· Evaluate the legal consequences of the use, sale, and possession of controlled substances. <p>F. Dependency/Addiction and Treatment</p> <ul style="list-style-type: none">· Analyze the physical, social, and emotional indicators and stages of dependency.· Support ways to quit using substances and discuss factors that enable the user to quit.· Classify drug-taking situations as drug use, abuse, or misuse.· Investigate factors that influence individuals to use and abuse alcohol, tobacco, and other drugs.· Explain how substance abuse affects the individual, the family, and the community.· Debate how tolerance, synergistic effects, and antagonistic effects have an impact on the use of drugs and medicines.· Reflect upon theories about dependency, including but not limited to, genetic predisposition; gender-related predisposition ; and multiple risks.	
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