

# Health: Grade 7

Adopted 2016

## Wellness

### 1. Dimensions of Health

- 7. Assess personal health behaviors in relation to dimensions of health. [H1.W1.7](#)
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### 2. Disease Prevention

- a. Summarize lifestyle factors to prevent communicable and noncommunicable diseases. [H7.W2.7.A](#)
  - b. Explain benefits and consequences of various health behaviors. [H7.W2.7.B](#)
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### 3. Analyzing Influences

- 7. Describe how peers, culture, and family influence health decisions and behaviors. [H2.W3.7](#)
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### 4. Access Valid Information

- 7. Analyze validity and reliability of health and wellness information and products. [H3.W4.7](#)
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### 5. Communication

- 7. Use communication skills effectively with family, peers, and others. [H4.W5.7](#)
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### 6. Decision-Making

- 7. Determine healthy alternatives for making a personal health decision. [H5.W6.7](#)
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### 7. Goal-Setting

- 7. Describe components of goalsetting to enhance health. [H6.W7.7](#)
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## Safety

### 1. Injury Prevention

- 7. Explain importance of being responsible for promoting safety and avoiding or reducing injury. [H7.SA1.7](#)
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### 2. First Aid

- 7. Explain basic first aid skills. [H1.SA2.7](#)
- 7. Demonstrate CPR and AED procedures. [H7.SA2.7](#)

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### 3. Violence Prevention

- 7. Demonstrate communication skills to prevent, reduce, and avoid violent situations. [H4.SA3.7](#)
  - a. Describe how risk of violence increases with presence of weapons. [H1.SA3.7.A](#)
  - b. Understand potential dangers of sharing personal information through electronic media. [H1.SA3.7.B](#)
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## Nutrition

### 1. Food Groups and Nutrients

- 7. Determine availability of valid and reliable nutrition information, products, and services. [H3.N1.7](#)
  - a. Classify foods by food groups and nutrients. [H1.N1.7.A](#)
  - b. Summarize benefits of eating a variety of food from all food groups. [H1.N1.7.B](#)
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### 2. Beverages

- 7. Evaluate nutritional content for a variety of beverages and describe benefits and consequences of intake. [H1.N2.7](#)
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### 3. Label Literacy

- 7. Demonstrate how to use Nutrition Facts labels to make healthier choices. [H3.N3.7](#)
  - 7. Demonstrate how to calculate nutritional value based on serving sizes. [H1.N3.7](#)
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### 4. Caloric Intake and Expenditure

- a. Explain relationship of caloric intake and expenditure to weight management. [H1.N4.7.A](#)
  - b. Investigate strategies for healthy weight management. [H1.N4.7.B](#)
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### 5. Disease Prevention

- 7. Describe impact of nutritional choices in relation to disease prevention. [H1.N5.7](#)
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### 6. Nutritional Planning

- 7. Describe how peers, culture, and family influence nutritional choices. [H2.N6.7](#)
  - a. Create a daily food plan with adequate amounts of each nutrient. [H6.N6.7.A](#)
  - b. Assess barriers to achieving a personal goal to improve healthy eating behaviors. [H6.N6.7.B](#)
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## Sexual Health

### 1. Anatomy, Reproduction, and Pregnancy

- a. Describe reproductive systems including body parts and functions. [H1.SE1.7.A](#)
- b. Describe the stages of a pregnancy from fertilization to birth. [H1.SE1.7.B](#)

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## 2. Puberty and Development

7. Recognize that there are individual differences in growth and development. [H1.SE2.7](#)

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## 3. Self-Identity

7. Distinguish between biological sex, gender identity, gender expression, and sexual orientation. [H1.SE3.7](#)

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## 4. Prevention

- a. List and describe commonly used methods of birth control, including abstinence. [H1.SE4.7.A](#)
  - b. Describe methods to prevent the transmission of STDs/HIV, including abstinence. [H1.SE4.7.B](#)
  - c. Understand that all STDs are treatable and many are curable. [H1.SE4.7.C](#)
  - d. Describe factors that contribute to or protect against engaging in risk behaviors. [H1.SE4.7.D](#)
7. Identify medically accurate information about STDs. [H3.SE4.7](#)
  7. Identify a decision-making model that can be used to make a health-related decision. [H5.SE4.7](#)

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## 5. Healthy Relationships

7. Describe characteristics of healthy and unhealthy relationships. [H1.SE5.7](#)
- a. Demonstrate communication skills that foster healthy relationships. [H4.SE5.7.A](#)
- b. Explain importance of setting personal boundaries and showing respect for the boundaries and values of others. [H4.SE5.7.B](#)

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## 6. Washington State Laws

- a. Identify laws related to accessing sexual health care services. [H1.SE6.7.A](#)
- b. Define sexual offenses as they relate to state law. [H1.SE6.7.B](#)
- c. Identify consequences of sharing sexually explicit pictures or messages. [H1.SE6.7.C](#)

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## Social Emotional Health

### 1. Self-Esteem

7. Explain how self-esteem influences personal health choices. [H1.S01.7](#)
7. Describe personal choices that can positively impact self-esteem. [H7.S01.7](#)

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### 2. Body Image and Eating Disorders

7. Explain how peers and media influence body image. [H2.S02.7](#)

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### 3. Stress Management

- 7. Differentiate between eustress and distress. [H1.S03.7](#)
- 7. Compare healthy and unhealthy ways of dealing with stress. [H7.S03.7](#)

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### 4. Expressing Emotions

- a. Describe ways to manage interpersonal conflict. [H1.S04.7.A](#)
- b. Explain how expressing emotions or feelings can influence others. [H1.S04.7.B](#)

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### 5. Harassment, Intimidation, and Bullying

- 7. Determine strategies for responding to harassment, intimidation, and bullying. [H5.S05.7](#)
- 7. Explain how harassment, intimidation, and bullying affect individuals, families, and communities. [H1.S05.7](#)

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### 6. Emotional, Mental, and Behavioral Health

- 7. Identify valid and reliable emotional and mental and behavioral health services. [H3.S06.7](#)
- a. Identify different emotional and mental and behavioral health disorders. [H1.S06.7.A](#)
- b. Identify risk factors associated with self-harm and/or suicide. [H1.S06.7.B](#)
- c. Identify how individuals experience stigma related to mental and behavioral health. [H1.S06.7.C](#)
- 7. Recognize how culture and media impact access to mental and behavioral health services. [H2.S06.7](#)
- 7. Demonstrate supportive responses to people who may be experiencing mental and behavioral health disorders. [H4.S06.7](#)

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## Substance Use and Abuse

### 1. Use and Abuse

- 7. Distinguish between substance use, misuse, abuse, dependency, and addiction. [H1.SU1.7](#)
- 7. Describe how peers and media influence substance use and abuse. [H2.SU1.7](#)

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### 2. Effects

- 7. Explain short- and long-term effects of substance abuse on dimensions of health. [H1.SU2.7](#)

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### 3. Prevention

- a. Demonstrate use of refusal skills to avoid substance use. [H7.SU3.7.A](#)
- b. Assess scenarios in which substances may be present and determine strategies to avoid exposure and use. [H7.SU3.7.B](#)
- 7. Construct a message describing benefits of being drug-free. [H8.SU3.7](#)

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#### **4. Treatment**

7. Describe situations that call for professional treatment for substance abuse. [H3.SU4.7](#)

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#### **5. Legal Consequences**

7. Understand school policies related to substance possession and use. [H1.SU5.7](#)