

7th Grade Health Scope & Sequence

Days	Unit	Standard(s)/Outcome(s)	Essential/Guiding Questions
	<u>Mental and Emotional Health:</u>		<u>Mental and Emotional Health Unit Essential Questions:</u>
1	Communication	<p>Identify strategies for communicating your overall wellness with a trusted adult. 1a.7.7</p> <p>Describe a variety of appropriate ways to respond to stress when angry or upset. 1a.7.9</p> <p>Apply effective verbal and nonverbal communication skills to enhance health. 4.MS.a</p> <p>Explain the importance of assuming responsibility for personal health behaviors. 7.MS.a</p>	<p>Which communication style do you think is your best? Why?</p> <p>How does the Concentric Circles activity relate to communication?</p>
2	Conflict Resolution	<p>Describe a variety of ways to respond to stress when angry or upset. 1a.7.9</p> <p>Describe how peers influence healthy and unhealthy behaviors. 2.MS.c</p>	<p>Give an example of an “I-Message” and an example of a “You-Message”.</p> <p>Do you think you do a good job with resolving conflicts with others? Why or why not?</p>

		<p>Apply effective verbal and nonverbal communication skills to enhance health. 4.MS.a</p> <p>Demonstrate effective conflict management or resolution strategies. 4.MS.c</p> <p>Demonstrate how to ask for assistance to enhance the health of self and others. 4.MS.d</p> <p>Choose healthy alternatives over unhealthy alternatives when making a decision. 5.MS.g</p> <p>Apply strategies and skills needed to attain a personal health goal. 6.MS.c</p> <p>Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others. 7.MS.b</p>	
1	Speaker from Health Department on the topic of Mental and Emotional Health	<p>Describe how peers influence health and unhealthy behaviors. 2.MS.c</p> <p>Analyze how messages from media influence health behaviors. 2.MS.e</p>	What type of harassment do you think is most common here at ____ middle school? Why do you think it is most common?

		<p>Describe situations that may require professional health services. 3.MS.d</p> <p>Locate valid and reliable health products and services. 3.MS.e</p> <p>Apply effective verbal and nonverbal communication skills to enhance health. 4.MS.a</p> <p>Demonstrate how to ask for assistance to enhance the health of self and others. 4.MS.d</p> <p>Demonstrate behaviors that avoid or reduce health risks to self and others. 7.MS.c</p> <p>Demonstrate how to influence and support others to make positive health choices. 8.MS.b</p>	
2	Bullying	<p>Analyze the impact of media influences on harassing and intimidating behaviors. 1d.7.1</p> <p>Recognize inappropriate use of technology as it relates to harassment, stalking, and other intimidating behaviors. 1d.7.2</p>	<p>What first comes to mind when you hear the term “bullying”?</p> <p>What are long-term effects of bullying?</p> <p>What are short-term effects of bullying?</p>

		<p>Analyze the influence of peer groups as they relate to harassing and intimidating behaviors. 1d.7.5</p> <p>Identify the process of reporting incidents of harassment, stalking, and other intimidating behaviors. 1d.7.13</p> <p>Demonstrate ways to be a positive bystander by responding or reporting if someone is being sexually mistreated, groomed, harassed, abused, assaulted, or exploited. 1.d.7.14</p> <p>Identify the need to empower and support people who experience racism, harassment, or abuse. 1d.7.16</p> <p>Describe how peers influence healthy and unhealthy behaviors. 2.MS.c</p> <p>Analyze how messages from media influence health behaviors. 2.MS.e</p> <p>Analyze the influence of technology on personal and family health. 2.MS.f</p>	
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		<p>Demonstrate how to ask for assistance to enhance the health of self and others. 4.MS.d</p> <p>Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others. 7.MS.b</p> <p>Demonstrate behaviors that reduce health risks to self and others. 7.MS.c</p>	
5	Bullying Project Research	<p>Analyze the impact of media influences on harassing and intimidating behaviors. 1d.7.1</p> <p>Recognize inappropriate use of technology as it relates to harassment, stalking, and other intimidating behaviors. 1d.7.2</p> <p>Analyze the influence of peer groups as they relate to harassing and intimidating behaviors. 1d.7.5</p> <p>Identify the process of reporting incidents of harassment, stalking, and other intimidating behaviors. 1d.7.13</p>	<p>What can you do to help stop the bullying problem here at our school?</p> <p>What are some anti-bullying initiatives that you're aware of?</p> <p>How can you advocate against bullying in your community? How would BEING a bully affect your personal wellness?</p>

		<p>Demonstrate ways to be a positive bystander by responding or reporting if someone is being sexually mistreated, groomed, harassed, abused, assaulted, or exploited. 1.d.7.14</p> <p>Identify the need to empower and support people who experience racism, harassment, or abuse. 1d.7.16</p> <p>Describe how peers influence healthy and unhealthy behaviors. 2.MS.c</p> <p>Analyze how messages from media influence health behaviors. 2.MS.e</p> <p>Analyze the influence of technology on personal and family health. 2.MS.f</p> <p>Locate valid and reliable health products and services. 3.MS.e</p> <p>Demonstrate how to ask for assistance to enhance the health of self and others. 4.MS.d</p> <p>Demonstrate healthy practices and behaviors that will maintain or</p>	
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		<p>improve the health of self and others. 7.MS.b</p> <p>Demonstrate behaviors that reduce health risks to self and others. 7.MS.c</p> <p>State a health-enhancing position on a topic and support it with accurate information. 8.MS.a</p> <p>Demonstrate how to influence and support others to make positive health choices. 8.MS.b</p>	
	<u>Substance Abuse Prevention</u>		<u>Substance Abuse Prevention Unit Essential Questions:</u>
3	Alcohol	<p>Identify the physical effects of alcohol, opioids, nicotine products, marijuana products, and other drugs. 1b.7.2</p> <p>Describe the negative consequences of using alcohol, nicotine products, marijuana products, opioids (including the lethal effects of fentanyl), and other drugs. 1b.7.3</p> <p>Describe the positive alternatives to using alcohol, opioids, nicotine</p>	<p>How can alcohol use affect long-term personal wellness?</p> <p>How can the short-term effects of alcohol impair a person's judgment? (stations – day 3 & 4)</p> <p>In your opinion, would you consider alcohol a harmful drug? Why or why not? (Alcohol Man Assessment)</p>

		<p>products, marijuana products, and other trending drugs or substances. 1b.7.4</p> <p>Explain why using alcohol, opioids, nicotine products, marijuana products, and other trending drugs or substances is an unhealthy way to manage stress, anxiety, and depression. 1b.7.5</p> <p>Determine the benefits of being drug free from alcohol, opioids, nicotine products, marijuana products, and other drugs. 1.b.7.6</p> <p>Describe how peers influence healthy and unhealthy behaviors. 2.MS.c</p> <p>Analyze how messages from media influence health behaviors. 2.MS.e</p> <p>Explain how the perceptions of norms influence healthy and unhealthy behaviors. 2.MS.g</p> <p>Explain how the influence of personal values and beliefs on individual health practices and behaviors. 2.MS.h</p>	
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		<p>Demonstrate refusal and negotiation skills to avoid or reduce health risks. 4.MS.b</p> <p>Choose healthy alternatives over unhealthy alternatives when making a decision. 5.MS.f</p> <p>Explain the importance of assuming responsibility for personal health behaviors. 7.MS.a</p>	
4	Juuling/Vatping	<p>Identify the physical effects of alcohol, opioids, nicotine products, marijuana products, and other drugs. 1b.7.2</p> <p>Describe the negative consequences of using alcohol, nicotine products, marijuana products, opioids (including the lethal effects of fentanyl), and other drugs. 1b.7.3</p> <p>Describe the positive alternatives to using alcohol, opioids, nicotine products, marijuana products, and other trending drugs or substances. 1b.7.4</p> <p>Explain why using alcohol, opioids, nicotine products, marijuana</p>	<p>Why do you think teens use e-cigarettes?</p> <p>How do e-cigarettes affect personal wellness?</p> <p>How are tobacco cigarettes and e-cigarettes similar? How are they different?</p>

		<p>products, and other trending drugs or substances is an unhealthy way to manage stress, anxiety, and depression. 1b.7.5</p> <p>Determine the benefits of being drug free from alcohol, opioids, nicotine products, marijuana products, and other drugs. 1.b.7.6</p> <p>Describe how peers influence healthy and unhealthy behaviors. 2.MS.c</p> <p>Analyze how messages from media influence health behaviors. 2.MS.e</p> <p>Explain how the perceptions of norms influence healthy and unhealthy behaviors. 2.MS.g</p> <p>Explain how the influence of personal values and beliefs on individual health practices and behaviors. 2.MS.h</p> <p>Demonstrate refusal and negotiation skills to avoid or reduce health risks. 4.MS.b</p>	
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		<p>Choose healthy alternatives over unhealthy alternatives when making a decision. 5.MS.f</p> <p>Explain the importance of assuming responsibility for personal health behaviors. 7.MS.a</p>	
3	Marijuana	<p>Identify the physical effects of alcohol, opioids, nicotine products, marijuana products, and other drugs. 1b.7.2</p> <p>Describe the negative consequences of using alcohol, nicotine products, marijuana products, opioids (including the lethal effects of fentanyl), and other drugs. 1b.7.3</p> <p>Describe the positive alternatives to using alcohol, opioids, nicotine products, marijuana products, and other trending drugs or substances. 1b.7.4</p> <p>Explain why using alcohol, opioids, nicotine products, marijuana products, and other trending drugs or substances is an unhealthy way to manage stress, anxiety, and depression. 1b.7.5</p>	<p>Why would someone experiment with marijuana?</p> <p>What are some short-term effects of marijuana use?</p> <p>What are some long-term effects of marijuana use?</p>

		<p>Determine the benefits of being drug free from alcohol, opioids, nicotine products, marijuana products, and other drugs. 1.b.7.6</p> <p>Describe how peers influence healthy and unhealthy behaviors. 2.MS.c</p> <p>Analyze how messages from media influence health behaviors. 2.MS.e</p> <p>Explain how the perceptions of norms influence healthy and unhealthy behaviors. 2.MS.g</p> <p>Explain how the influence of personal values and beliefs on individual health practices and behaviors. 2.MS.h</p> <p>Demonstrate refusal and negotiation skills to avoid or reduce health risks. 4.MS.b</p> <p>Choose healthy alternatives over unhealthy alternatives when making a decision. 5.MS.f</p>	
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		Explain the importance of assuming responsibility for personal health behaviors. 7.MS.a	
	Healthy Eating:		Healthy Eating Unit Essential Questions:
1	<p>Nutrition</p> <p>(Note: This content is covered in FACS and is not currently being covered in health education classes)</p>	<p>Explain the interrelationship of the components of wellness. 1a.7.2</p> <p>Explain why the recommended amount of food and food group portions vary by individual. 1e.7.1</p> <p>Summarize a variety of nutritious food choices for each group. 1e.7.2</p> <p>Explain the benefit of nutritious foods and the idea that “all foods fit”. 1e.7.3</p> <p>Explain the access to foods and personal food choices. 1e.7.5</p> <p>Summarize the benefits of limiting the consumption of trans fat, saturated fat, added sugar, and sodium. 1e.7.6</p> <p>Analyze a nutrition facts label to identify foods that are high in sodium and added sugar. 1e.7.7</p>	<p>What are the 6 basic nutrients?</p> <p>Which basic nutrient do you think is most important? Why do you think it is most important?</p>

		<p>Explain the significance of reading a nutrition facts label ingredient list. 1e.7.8</p> <p>Explain the behavioral and environmental factors that contribute to chronic diseases including cancer, cardiovascular disease, and diabetes. 1f.7.1</p> <p>Explain how the perceptions of norms influence healthy and unhealthy behaviors. 2.MS.g</p> <p>Analyze the validity of health information, products, and services. 3.MS.a</p> <p>Choose healthy alternatives over unhealthy alternatives when making a decision. 5.MS.f</p> <p>Access personal health practices. 6.MS.a</p> <p>Explain the importance of assuming responsibility for personal health behaviors. 7.MS.a</p>	
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2	Body Image	<p>Describe how mental and emotional health can affect health-related behaviors. 1a.7.3</p> <p>Explain the importance of a positive body image and its implications for mental and physical wellness. 1a.7.16</p> <p>Describe how peers influence healthy and unhealthy behaviors. 2.MS.c</p> <p>Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors. 2.MS.i</p> <p>Describe situations that may require professional health services. 3.MS.d</p> <p>Demonstrate how to ask for assistance to enhance the health of self and others. 4.MS.d</p> <p>Assess personal health practices. 6.MS.a</p> <p>Explain the importance of assuming responsibility for personal health behaviors. 7.MS.a</p>	<p>If you were a tree, what would you look like? Why?</p> <p>In your opinion, what has the most influence on body image? Why? How does the media impact one's body image?</p>
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4	Eating Disorders	<p>Describe how mental and emotional health can affect health-related behaviors. 1a.7.3</p> <p>Identify the signs of disordered eating. 1a.7.17</p> <p>Explain the potential mental and physical consequences of disordered eating and why it is important to see professional help. 1a.7.18</p> <p>Examine how the family influences the health of adolescents. 2.MS.a</p> <p>Describe how peers influence healthy and unhealthy behaviors. 2.MS.c</p> <p>Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors. 2.MS.i</p> <p>Describe situations that may require professional health services. 3.MS.d</p> <p>Demonstrate how to ask for assistance to enhance the health of self and others. 4.MS.d</p>	<p>What are the 3 most common types of eating disorders?</p> <p>Which eating disorder do you think is the worst? Defend your answer.</p> <p>If you suspected that your friend developed an eating disorder, how would you deal with it?</p> <p>How would an eating disorder affect the five areas of personal wellness?</p>
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		<p>Choose healthy alternatives over unhealthy alternatives when making a decision. 5.MS.f</p> <p>Assess personal health practices. 6.MS.a</p> <p>Explain the importance of assuming responsibility for personal health behaviors. 7.MS.a</p>	
	<u>Safety and Violence Prevention:</u>		<u>Safety and Violence Prevention Unit Essential Questions:</u>
1	Speaker from RCIS on the topic of Safety and Violence Prevention	<p>Identify the importance of telling a trusted adult if you or someone else is experiencing mental or emotional health challenges. 1a.7.7</p> <p>Describe how sharing or posting personal information electronically about self or others on sites can negatively impact mental and emotional health. 1a.7.15</p> <p>Summarize the negative consequences of sending sexually explicit pictures or messages by email or cell phone or posting</p>	Why is it important to have good refusal skills?

		<p>sexually explicit pictures on social media sites. 1c.7.18</p> <p>Analyze the impact of media influences on harassing and intimidating behaviors. 1d.7.1</p> <p>Recognize the inappropriate use of technology as it relates to harassment, stalking, and other intimidating behaviors. 1d.7.3 Analyze the influence of peer groups as they relate to harassing and intimidating behaviors. 1d.7.5</p> <p>Identify a source of support that a student can go to if they or someone they know is being sexually mistreated, groomed, harassed, abused, assaulted, or exploited. 1d.7.11</p> <p>Analyze laws, policies, and consequences related to sexual mistreatment, grooming, harassment, abuse, assault, exploitation, and human trafficking that are designed to protect young people. 1.d.7.12</p> <p>Identify the process of reporting incidents of harassment, stalking,</p>	
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		<p>and other intimidating behaviors. 1d.7.13</p> <p>Explain why a person who is sexually mistreated, groomed, harassed, abused, assaulted, or exploited is not at fault. 1d.7.15</p> <p>Identify the need to empower and support people who experience racism, harassment, or abuse. 1d.7.16</p> <p>Discuss what does not constitute sexual consent. 1c.7.4</p> <p>Describe how peers influence healthy and unhealthy behaviors. 2.MS.c</p> <p>Describe situations that may require professional health services. 3.MS.d</p> <p>Demonstrate refusal and negotiation skills to avoid or reduce health risks. 4.MS.b</p> <p>Determine when health-related situations require the application of a thoughtful decision-making process. 5.MS.b</p>	
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		<p>Analyze the outcomes of a health-related decision. 5.MS.g</p> <p>Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others. 7.MS.b</p> <p>Demonstrate behaviors that avoid or reduce health risks to self and others. 7.MS.c</p>	
3	Cell Phone Safety	<p>Identify the importance of telling a trusted adult if you or someone else is experiencing mental or emotional health challenges. 1a.7.7</p> <p>Describe how sharing or posting personal information electronically about self or others on sites can negatively impact mental and emotional health. 1a.7.15</p> <p>Summarize the negative consequences of sending sexually explicit pictures or messages by email or cell phone or posting sexually explicit pictures on social media sites. 1c.7.18</p>	<p>What emotional risks can arise as a result of irresponsible cell phone use?</p> <p>In what ways can you stay safe online?</p> <p>What do you think is the most important safety rule regarding cell phones?</p>

		<p>Analyze the impact of media influences on harassing and intimidating behaviors. 1d.7.1</p> <p>Recognize the inappropriate use of technology as it relates to harassment, stalking, and other intimidating behaviors. 1d.7.3</p> <p>Analyze the influence of peer groups as they relate to harassing and intimidating behaviors. 1d.7.5</p> <p>Analyze laws, policies, and consequences related to sexual mistreatment, grooming, harassment, abuse, assault, exploitation, and human trafficking that are designed to protect young people. 1.d.7.12</p> <p>Identify the process of reporting incidents of harassment, stalking, and other intimidating behaviors. 1d.7.13</p> <p>Describe how peers influence healthy and unhealthy behaviors. 2.MS.c</p>	
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		<p>Describe situations that may require professional health services. 3.MS.d</p> <p>Demonstrate refusal and negotiation skills to avoid or reduce health risks. 4.MS.b</p> <p>Determine when health-related situations require the application of a thoughtful decision-making process. 5.MS.b</p> <p>Analyze the outcomes of a health-related decision. 5.MS.g</p> <p>Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others. 7.MS.b</p> <p>Demonstrate behaviors that avoid or reduce health risks to self and others. 7.MS.c</p>	
	<p><i>Bullying (This is covered in Mental & Emotional Health Unit in CCPS)</i></p>		

4	First Aid & Compressions ONLY CPR	<p>Describe first response procedures needed to treat injuries and other emergencies. 1d.8.1</p> <p>Explain how school and public health policies can influence health promotion and disease prevention. 2.MS.j</p> <p>Describe situations that may require professional health services. 3.MS.d</p> <p>Locate valid and reliable health products and services. 3.MS.e</p> <p>Assess personal health practices. 6.MS.a</p> <p>Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others. 7.MS.b</p> <p>Demonstrate behaviors that avoid or reduce health risks to self and others. 7.MS.c</p>	<p>What is the difference in sudden cardiac arrest and a heart attack? (CPR lesson with PPT)</p> <p>What are the three C's of hands-only CPR? (CPR demo)</p> <p>What are the universal precautions in order to protect yourself when performing basic first aid?</p>
2	First Aid/CPR: Handbook Project	Describe first response procedures needed to treat injuries and other emergencies. 1d.8.1	Why is knowing the skills to provide Basic First Aid and Compressions ONLY CPR so important? Explain.

		<p>Explain how school and public health policies can influence health promotion and disease prevention. 2.MS.j</p> <p>Describe situations that may require professional health services. 3.MS.d</p> <p>Locate valid and reliable health products and services. 3.MS.e</p> <p>Assess personal health practices. 6.MS.a</p> <p>Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others. 7.MS.b</p> <p>Demonstrate behaviors that avoid or reduce health risks to self and others. 7.MS.c</p>	
	<u>Family Life and Human Sexuality:</u>		<u>Family Life and Human Sexuality Unit Essential Questions:</u>
1	Puberty Review	Describe the physical, social, and emotional changes that occur during puberty. 1c.5.3	What physical and mental changes occur during puberty?

		<p>Summarize that the onset and progression of puberty varies considerably. 1c.5.4</p> <p>Describe how puberty prepares human bodies for the potential to reproduce. 1c.5.6</p> <p>Identify that reproduction requires that a sperm and egg join and implant. 1c.5.7</p>	
2	Male/Female Reproductive Systems	Describe human reproductive systems including medically accurate names for internal and external genitalia and their functions. 1c.7.9	<p>What is the main function of the male reproductive system?</p> <p>What is the main function of the female reproductive system?</p>
2	Sexually Transmitted Diseases (STDs)	<p>Identify how the most common Sexually Transmitted Infections (STIs) are transmitted. 1f.7.3</p> <p>Describe ways to decrease the spread of STIs 1f.7.4</p> <p>Describe the typical signs and symptoms, consequences, and</p>	<p>Why is abstinence the most effective and healthy way to prevent the spread of STDs? (STDs/STIs)</p> <p>What is the difference between viral and bacterial STDs?</p> <p>What are the 4 body fluids that can spread STDs?</p>

		<p>treatment of common STIs including HIV. 1f.7.5</p> <p>Access valid health information from home, school, and community. 3.MS.b</p> <p>Explain the importance of assuming responsibility for personal health behaviors. 7.MS.a</p>	
1	Family Life Unit Assessment	Explain the importance of assuming responsibility for personal health behaviors. 7.MS.a	No question – Family Life Assessment