



The comprehensive health standards in grades six through eight focus on enhancing and strengthening skills in the areas of physical, social, and emotional wellness and using those individual skills in family, school, and community environments. In each grade, the standards ask students to deepen their understanding of ways to set and maintain healthy relationships and continue to investigate healthy eating/living habits, positive communication strategies, effective decision making, and ways to ensure personal and community safety.

Expectations for 7th Grade Students:

- **Physical and Personal Wellness:** Demonstrate the ability to make healthy food choices in a variety of settings and analyze the internal and external factors that influence eating behaviors; develop positive decision-making skills around sexual activity; compare and contrast healthy and unhealthy relationships (family, peer, and dating); define sexually transmitted diseases (STD's), human immunodeficiency virus (HIV), and acquired immunodeficiency deficiency syndrome (AIDS).
- **Social and Emotional Wellness:** Develop self-management and communication skills to appropriately express feelings and to manage stress.
- **Prevention and Risk Management:** Demonstrate safety procedures for a variety of situations; analyze and synthesize the consequences of using/abusing alcohol, tobacco, and other drugs.

Throughout 7th Grade You May Find Students:

- Analyzing factors that influence healthy eating.
- Utilizing effective interpersonal communication skills to express individual needs and boundaries.
- Explaining how sexually transmitted diseases, such as human immunodeficiency virus (HIV), are transmitted and their possible effects on the body.
- Developing and practicing healthy strategies to deal with stress.
- Evaluating internal and external influences (media, social media) on social and emotional health.
- Analyzing appropriate information regarding safety precautions for a variety of emergency situation.
- Describing how personal, family, and cultural beliefs and values can influence healthy decision-making.
- Examining the effects of marijuana, illegal drugs, abuse of prescription drugs, alcohol, and tobacco on an individual's physical, mental and emotional well-being.