

Rochester Community Schools
Middle School Health Curriculum Content
Seventh Grade

Unit	Seventh Grade
1	<p>Nutrition and Physical Activity Understanding benefits of healthy eating and being physically active Making healthy food choices based on food label information and advertising Implementing strategies to create a personal plan for healthy eating and daily physical activity</p>
2	<p>Alcohol, Tobacco and Other Drugs Understanding negative effects of substance use Identifying sources of accurate health information and assistance Developing positive relationships and practices Recognizing influences on personal decisions Using problem-solving and refusal skills</p>
3	<p>Safety Identifying and evaluating healthy dating relationships Identifying potentially dangerous situations and accessing help Staying safe in relationships and when using the internet Evaluating positive and negative individual, group and societal influences Demonstrating skills to deal with potentially harmful situations</p>
4	<p>Social and Emotional Identifying positive and negative communication techniques Recognizing risk factors, warning signs and protection factors Recognizing and managing stress Demonstrating problem-solving techniques and communication skills</p>
5	<p>Personal Health and Wellness Understanding the importance of rest and sleep Understanding and preventing how common infectious disease is spread Implementing health practices to reduce illness and harm from the sun</p>
6	<p>HIV Prevention and Sexuality Education Identifying how HIV is and is not transmitted Identifying sources of accurate information and knowing when to access help Analyzing behaviors that increase the risk for HIV and other sexually transmitted infections. Summarizing the benefits of positive behaviors including abstinence Setting personal limits and avoiding risky situations Communicating with parents and other trusted adults Developing and demonstrating positive communication skills, personal relationships, and respect for others</p>