

YEAR AT A GLANCE: Health Gr 7

(updated Dec 2022)

	<u>UNIT 1</u>	<u>UNIT 2</u>	<u>UNIT 3</u>	<u>UNIT 4</u>	<u>UNIT 5</u>
Title	HEALTH & WELLNESS	ALCOHOL EDUCATION	TOBACCO EDUCATION	DRUG EDUCATION	REPRODUCTIVE HEALTH
Unit Length <i>(weeks taught)</i>	2 weeks	2 weeks	1 week	1.5 weeks	1.5 weeks
Performance Task <i>(e.g., Persuasive Essay, DBQ, Nutritional Analysis, etc.)</i>	<ul style="list-style-type: none"> *conflict resolution skills *identifying coping strategies *personal anger inventory *stress reduction lab *stress ID & fix hw **"3-2-1" charts 	<ul style="list-style-type: none"> *analyzing alcohol ads *creating FCC alcohol ad guidelines *DWI story reflection *identifying alcoholism warning signs/create plan of action **"3-2-1" charts 	<ul style="list-style-type: none"> *spit tobacco process sheets *analyzing spit tobacco packages/containers *Spit tobacco letter to similarly packaged product companies **"3-2-1" charts 	<ul style="list-style-type: none"> *inhalant drug story/ reflection *read/reflect hallucinogens articles *Brett Chidester story *heroin how did it get to this identifier *anti-drug statement **"3-2-1" charts 	<ul style="list-style-type: none"> *Reproductive health process sheets *Anatomy diagram breakdowns *STD "dots crazy" lab **"3-2-1" charts
Enduring Understanding <i>(The big ideas, the "why" we include these ideas)</i>	<ul style="list-style-type: none"> *Conflict is not bad, how you deal with the conflict can be negative. *Conflict can be unexpected, so it is important to know and practice healthy conflict reducing behaviors to ensure safety and minimize the conflict. *Changes in our lives require proper coping skills to control and express our emotions in a healthy, responsible manner. 	<ul style="list-style-type: none"> *Alcohol companies create advertisements to recruit new customers, they target teens. *Alcohol companies use situations, humor, and desirable objects familiar to teens in order to better connect with them. *Teens with increased exposure to alcohol related content are more likely to consume alcohol and develop alcohol related problems. *Drinking and driving is 	<ul style="list-style-type: none"> *Spit tobacco is just as dangerous and potentially deadly as smoke tobacco. *Just because spit tobacco is placed in the mouth, spit out, and then removed does not mean the chemicals do not enter your body. *The chemicals in spit tobacco products and how they enter and affect the body. *Spit tobacco companies target youths through sports and flavors. *The similar packaging of 	<ul style="list-style-type: none"> *Illegal drugs can NOT be used responsibly or safely. *All products are sold with the agreement they are to be used as directed. *Common household products can be deadly if used inappropriately. *Using inhalant drugs can result in immediate death (SSDS) on the first use. *Using drugs is not a test that you pass-if someone lived after using once that does not mean they are immune to the drugs dangerous effects and they can die immediately 	<ul style="list-style-type: none"> *Puberty is a time of change that can be uncomfortable for some to go through, but it is important to realize that everyone you see has either: gone through it, is going through it, or will go through it. *Puberty is your body maturing so that it can reproduce. *The male reproductive anatomy and functions. *The female reproductive anatomy and functions. *The importance of the menstrual cycle and the

	<p>*Healthy coping strategies that students can use in their lives to cope with issues.</p> <p>*Our actions and behaviors can escalate conflicts and increase the occurrence of violence.</p> <p>*Healthy strategies for minimizing potentially violent situations and expressing our emotions in a responsible, respectful manner.</p> <p>*The immense impact bullying has on an individual and reasons to discourage peers from bullying.</p> <p>*Methods of avoiding and addressing a bully.</p> <p>Identifying the types of bullying and how to address a potential bullying situation before it occurs.</p> <p>*Identifying causes of stress in your life.</p> <p>*Stress = Half full glass of water - is it heavy?</p> <p>*Separating the causes and feelings resulting from stress from others who are not contributing factors.</p> <p>*Techniques to help manage and reduce stress in our daily lives.</p>	<p>like oil and water, they don't mix!</p> <p>*Vision, reaction time and motor coordination, all vital to safe driving, are severely impaired by alcohol consumption.</p> <p>*New York has a zero tolerance alcohol policy for drivers under the age of 21.</p> <p>*A typical first time DWI conviction in New York will cost the driver \$10,000-\$15,000 on average.</p> <p>*Leandra's Law Strategies to avoid drinking and driving: planning ahead.</p> <p>*Alcoholism is a disease where one is physically and mentally dependent on alcohol.</p> <p>*Many alcoholics cannot simply stop drinking.</p> <p>*Resources for alcohol related issues: AA, Al-Anon, Al-ateen, Drinkline.</p> <p>*Plan of action to address a suspected alcoholic.</p>	<p>spit tobacco and non-tobacco children's products can lead to increased use.</p> <p>*Addiction to spit tobacco is due to nicotine and oral fixations developed by the user.</p> <p>*Spit tobacco can lead to cancer, Leukoplakia, lesions, and removal of facial bones.</p> <p>*Spit tobacco products can cause tooth loss, gum disease, bad breath and stained teeth.</p> <p>*Strategies to quit using spit tobacco products.</p>	<p>any time they use it again.</p> <p>*Hallucinogens take control of your brain and experiences are perceived as reality.</p> <p>*There is no way to expedite negative effects of a drug, they will continue until the drug wears off.</p> <p>*Synthetic drugs can contain ANYTHING, including harmful chemicals added by the creator.</p> <p>*Prescription pill addiction leads to many users experimenting with heroin.</p> <p>*Heroin in any form (powder, pill, black tar) is extremely dangerous, addicting, and deadly.</p>	<p>function of each phase.</p> <p>*STD and HIV/AIDS causes of infection. Symptoms and effects of STD's and HIV/AIDS.</p> <p>*Certain STD's and HIV/AIDS can be lifelong conditions.</p> <p>*Being infected with and STD will increase the chance of contracting additional STD's or HIV.</p> <p>*Abstinence is the only way to guarantee pregnancy and contraction of STD's, HIV will not occur.</p> <p>*When in doubt, check it out! –the importance of being tested regularly and diagnosing disease early.</p> <p>*Where to go to get tested.</p>
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<p>Essential Questions (What do we want students to think about)</p>	<p>*What are some behaviors and actions one may exhibit that can lead to increased conflict? *Write a recent conflict you experienced and identify the cause of the conflict, behaviors that increased the conflict, and what you could have done differently to reduce the conflict. *Identify a life changing event you have experienced and explain how you coped with this at the time. *Was it a healthy method of coping with the issue? Why? *Why do you think violence is an issue in our society? *Where can someone be exposed to acts of violence in our everyday lives? *Do you think violent movies and video games increase the amount of violence in our society? *Why do you think a bully acts the way that they do? *Which of the types of bullying do you think is the worst and why? *What is a major source of stress in your life right now? *I am holding a half-full glass of water out in front of me, how heavy is it and why?</p>	<p>*What does the Captain Morgan logo remind you of? *Why might an alcohol company use a logo that is similar to teens past experiences? *What message is the alcohol company trying to send in this commercial? *How do the effects of alcohol on the body make driving while intoxicated dangerous? *List the positives and negatives of driving drunk, and the same for taking a taxi. *What are some strategies for avoiding drinking and driving? *Define alcoholism in your own words. *Describe what you think an alcoholic looks like? *Do you think it would be difficult to approach someone you suspect has an alcohol problem? *What is the first thing you should do if you suspect someone has an alcohol problem? *What should you not do first?</p>	<p>*What do you think is safer, spit or smoke tobacco and why? *How do the chemicals and nicotine in spit tobacco enter the body if the user is constantly spitting out the tobacco spit? *How would you feel if your friend was in your room spitting their tobacco spit into a bottle on your bed? *How would you feel if you were on a date with someone who had bad breath, stained teeth, and bleeding gums? *Why do you think teens begin to use spit tobacco products? *How would you feel if a loved one had facial bone removal surgery due to spit tobacco use? *Why do you think the spit tobacco companies use flavors that sound similar to those of gum, candy and mints used by children? *If you were given a product that says it causes cancer right on the package, what would you do and say to the person who handed it to you? *Why do you think non-tobacco products use packaging that is so similar to spit products?</p>	<p>*Have you ever seen someone sniff glue, markers, white out etc? *Why did they do this? *Why do you think teens might experiment with inhalant drugs? *How can a product like computer duster be dangerous if it is a can full of air? *Would you allow someone total control of what you do? Why or why not? *How do you think it would feel to literally lose your mind? *Think of your worst nightmare, how would you feel if you could not wake up? *How do hallucinogens work in our body? *Which of the following is the safest way to use heroin and why: smoking, snorting, injecting? *How do you think heroin addicts started using the drug? *How would you feel if you stole from your family to support your drug addictions? *What is your anti-drug?</p>	<p>*Define puberty in your own words. *What changes do you expect the male and female bodies to go through during puberty? *Which change do you think is the least welcome to one going through puberty? (M/F) *Why do you think it is important for boys to learn about the menstrual cycle? *Which acts of affection do you think are immune from STD contraction? *How do you know if you have an STD? *What should you do if you suspect you have an STD? *What are some common effects of STD's? *Imagine you meet the love of your life when you are 25 years old, how would you tell this person that you have herpes from a poor decision you made when you were younger? *What do you think their reaction would be? *How would your life change if you found out you were expecting a child? *What would you do if you found out you were expecting a child?</p>
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	<p>*Why is it important to learn stress management strategies at a young age?</p> <p>*What parts of the body does stress affect?</p>				
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