

Kentucky Academic Standards for Health Education
Grade 7

Standard 1	Content Comprehension	Performance Indicators
<p>Students will comprehend content related to health promotion and disease prevention to enhance health.</p>	<p>The acquisition of basic health content and functional health knowledge provides a foundation for promoting health-enhancing behaviors among Kentucky youth.</p>	<p>7.1.1. Determine reasons why people choose to use or not to use alcohol and other drugs and describe situations that could lead to the use of alcohol and other drugs.</p> <p>7.1.2. Describe the relationship between using alcohol and other drugs and injuries.</p> <p>7.1.3. Explain the similarities and differences among nutrients regarding nutritional value and food sources.</p> <p>7.1.4. Describe major chronic diseases and their relationship to what people eat and their physical activity level.</p> <p>7.1.5. Explain the importance of a positive body image.</p> <p>7.1.6. Describe how sharing or posting personal information electronically about self or others on social media sites can negatively impact mental and emotional health.</p> <p>7.1.7. Explain causes and effects of stress.</p> <p>7.1.8. Explain the behavioral and environmental factors that contribute to the major chronic diseases.</p> <p>7.1.9. Determine the benefits of being sexually abstinent and summarize ways to prevent pregnancy.</p> <p>7.1.10. Explain why individuals have the right to refuse sexual contact.</p> <p>7.1.11. Explain signs, symptoms, transmission and prevention of the most common STDs.</p> <p>7.1.12. Describe the social, economic and cosmetic consequences of tobacco use.</p> <p>7.1.13. Describe examples of dangerous or risky behaviors that might lead to injuries.</p>

		7.1.14. Describe the signs and symptoms of people who are in danger of hurting themselves or others and explain the importance of telling an adult if there are people who are in danger of hurting themselves or others.
Standard 2	Practices for Analyzing Influences	Performance Indicators
Analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.	Health is affected by a variety of positive and negative influences: family, peers, community (including school), culture and media.	7.2.1. Explain how personal values and beliefs can affect personal health and behaviors. 7.2.2. Research and demonstrate how sharing or posting personal information electronically can or has negatively impacted the mental/emotional health, social health and/or safety of self and others.
Standard 3	Practices for Accessing Valid Information	Performance Indicators
Access valid information, products and services to enhance health.	Access to valid health information and health-promoting products and services is critical in the prevention, early detection and treatment of health problems.	7.3.1. Compare and contrast health-related situations that call for professional services. 7.3.2. Analyze the availability of valid and reliable health information, services and products.
Standard 4	Practices for Communication	Performance Indicators
Use interpersonal communication skills to enhance health and avoid or reduce health risks.	Effective communication enhances personal, family and community health.	7.4.1. Analyze effective verbal and nonverbal communication skills to enhance health and promote healthy behaviors and relationships. 7.4.2. Demonstrate how to ask for assistance to enhance the health of self and others. 7.4.3. Compare and contrast how refusal and negotiation skills are used to avoid or reduce health risks. 7.4.4. Determine how to use effective conflict management and/or resolution strategies.

Standard 5	Practices for Decision-Making	Performance Indicators
Use decision-making skills to enhance health.	Decision-making skills are needed to identify, implement and sustain health-enhancing behaviors.	<p>7.5.1. Describe healthy options when making a decision about health-related issues or problems.</p> <p>7.5.2. Practice using a decision-making process to avoid or refuse addictive or harmful substances and/or behaviors.</p> <p>7.5.3. Demonstrate the use of a decision-making process to enhance or establish healthy behaviors and relationships.</p>
Standard 6	Practices for Goal-Setting	Performance Indicators
Use goal-setting skills to enhance health.	Goal setting skills are essential to help students identify, adopt and maintain healthy behaviors.	<p>7.6.1. Describe strategies and skills needed to attain personal health goals.</p> <p>7.6.2. Compare and contrast how personal health goals can vary with changing abilities, priorities and responsibilities.</p> <p>7.6.3. Set a goal to maintain or improve personal health and/or wellness-related behaviors.</p>
Standard 7	Practices for Health-Enhancing Behaviors	Performance Indicators
Practice health-enhancing behaviors and avoid or reduce health risks.	Research confirms practicing health-enhanced behaviors can prevent many diseases and injuries and reduce harmful and risk-taking behaviors such as abuse and neglect, drug abuse, prescription drug abuse and sexual activity.	<p>7.7.1. Explain the importance of being responsible for personal health and wellness-related behaviors.</p> <p>7.7.2. Compare and contrast personal health practices and behaviors that improve the health and wellness of self and others.</p>

Standard 8	Practices for Advocating	Performance Indicators
Advocate for personal, family and community health.	Advocacy skills help students promote healthy norms and healthy behaviors.	7.8.1. Express a health-enhancing position, supported with accurate information, to improve the personal health and wellness of others. 7.8.2. Demonstrate how to influence and support others (peers, family and community) to make positive behavior choices to improve personal health and wellness.