

**SEVENTH GRADE
Health
PRIORITY STANDARDS**

Wellness and Health Promotion (WHP)

7.WHP.4	Set a personal health goal for a habit that promotes physical, social, emotional, mental, and environmental health.
7.WHP.6	Analyze the influence of family, school, peers, culture, technology, media, social media, personal values, and perceived norms on the dimensions of health.

Safety and First Aid (SFA)

7.SFA.1	Discuss how to reduce the risk of unintentional injuries for individuals, families, and communities.
7.SFA.3	Demonstrate how to administer basic first aid, hands-only cardiopulmonary resuscitation (CPR), and use of an automated external defibrillator (AED).

Food, Nutrition, and Physical Activity (FNP)

7.FNP.1	Discuss how food waste and the environment are interconnected.
7.FNP.2	Analyze ways that media influence our decisions around food and physical activity.
7.FNP.4	Compare and contrast the differences in community or geographic access to nutrient dense foods.
7.FNP.6	Identify the social, emotional, and cognitive benefits of eating nutrient dense foods and engaging in regular physical activity.
7.FNP.7	Identify how personal food and beverage choices, including eating times, affects health and well being.
7.FNP.8	Describe personal hunger and fullness cues.

Social, Emotional, and Mental Health (SEM)

7.SEM.2	TSEL Practices 2B Use management strategies while recognizing that various situations and environments may require different approaches for achieving personal and collective goals and aspirations in ways that affirm one's identity.
7.SEM.6	Identify how connecting with the community, and personal and cultural identity development contribute to mental health.
7.SEM.7	Discuss resiliency and the strategies that individuals and communities use to promote health, overcome health and mental health challenges, address barriers to health, and promote health equity and justice.

Healthy Relationships and Violence/Abuse Prevention (HRVP)

7.HRVP.3	Identify strategies to maintain a safe relationship, end an unsafe, inequitable, or unhealthy relationship, manage conflict, and navigate rejection.
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Sexual and Reproductive Health (SRH)

7.SRH.2	Apply a decision-making model to choices about engaging in sexual behaviors.
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