

## 7th Grade Health Education Overview for Parents

Health Education is a required course for seventh grade students. The content and skills in this course include: understanding influences, accessing valid health information, communication skills, decision-making, goal-setting, components of healthy nutrition, and basic understandings of reproductive health, substance abuse prevention, character education, and personal wellness. Below is a general outline of M/J Health 5 (7<sup>th</sup> grade health).

### UNIT 1: RESILIENCY EDUCATION

- Character Education/Respect /Give and Receive Compliments
- Effects Of Heredity and Environment on Personal Growth
- Coping With Stress and It's Relationship to Health
- Developing Positive Self-Image
- Developing Positive Communication Skills/ "I" Vs. "You" Messages
- Developing Problem-Solving Skills
- Family Relationships/Types of Families/Influences on Health and Growth/Peer Pressure
- Adolescent Health Problems and Suicide/Bullying Prevention

### UNIT 2: SUBSTANCE ABUSE PREVENTION (ALCOHOL, TOBACCO, AND OTHER DRUGS)

- Drug Terms and Classifications
- IDEAL Decision-making and goal planning
- Risk Factors and Dangers of Drug Use and Abuse
- Prescription and Over-the-Counter Drugs (Opioids)
- Effects of Media on Substance Abuse (Including social media)
- Effects of Alcohol, Tobacco, Illegal Drugs, and Inhalants on the Body

### UNIT 3: NUTRITION, PERSONAL HEALTH, AND SAFETY

- Essential Nutrients / My Plate/Food Planning
- Goal Setting (SMART)
- Food Labels / Serving vs Portions/Calories
- Lifestyle Diseases and Disorders
  - Heart Disease/Cardiovascular/Hypertension/Cholesterol
  - Eating Disorders/Obesity
- Internet Safety, including impacts of social media on health behaviors.
- Ways to reduce or prevent injuries and adolescent health problems (i.e., Bike and Pedestrian Safety, Firearm Safety)
- Human Trafficking Awareness and Prevention

### UNIT 4: REPRODUCTIVE HEALTH

- Personal Hygiene including proper care of reproductive organs/systems.
- Puberty, Male/Female Reproductive System (including structure and function); Emotional, Social and Physical Changes Occurring During Adolescence
- Menstruation/Fertilization/Fetal Development
- Respectful Social Behavior; Teen Dating Relationships
- Sexual Abstinence
- Consequences Of Teen Pregnancy
- Causes And Prevention of Birth Defects/ Fetal Alcohol Syndrome/ Shaken Baby Syndrome
- Disease Transmission, including HIV/AIDS

During this course, if students ask questions about health services, I will direct them to their family, family physician, and public health agencies. If you have any questions about the content of this course, please contact me at [\(EMAIL ADDRESS.\)](#)

Sincerely,

[TEACHER NAME](#), Health Education Teacher