

Bloomfield Hills Schools
Middle School Health Curriculum Content
Seventh Grade

Goals:

- Promote the importance of mental health in an individual's overall well-being
- Be prepared to help yourself and others in first aid situations and emergencies
- Understand the dangers that drugs have on overall health and wellness
- Promote the value of positive relationships and abstinence

Mental Health	Dimensions of Wellness Values Clarification Conflict Resolution Decision Making
First Aid and Safety	Nosebleeds Bee stings Burns Sprains Broken bones Heat Stroke Choking
ATOD (Alcohol, Tobacco, and Other Drugs)	Dangers of Alcohol, Marijuana, and Nicotine/Tobacco Do Gateway Drugs exist? The effect of drugs on all dimensions of wellness False advertising - marketing strategies to target youth
FLE (Family Life Education)	Puberty Male and Female reproductive systems Menstruation and reproduction Abstinence Communication (assertive, passive, aggressive) Boundaries Sexual assault, sexual assault, rape