



Capital School District Health Education Curriculum - Seventh Grade

Delaware law mandates that each school district have a sequential, skills-based K-12 Comprehensive Health Education that establishes a foundation of understanding the relationship between personal behavior and health. In compliance with state and federal mandates, the Capital School District is in the process of revising its Health Education Curriculum. The revised curriculum will focus on providing students with the personal and interpersonal skills necessary to “obtain, interpret, and understand basic health information and services and the competence to use such information and services in ways which are health enhancing.”

Seventh Grade students will be taught the knowledge and skills necessary to:

- Avoid the use of non-medicinal drugs and inhalants.
- Understand and follow appropriate rules for receiving medicinal drugs.
- Avoid the use of alcohol, tobacco and other drugs and inhalants.
- Utilize valid, safe, and reliable resources for information and support.
- Understand environmental health risks and how to advocate for the protection of natural resources.
- Express needs, wants and emotions appropriately.
- Develop and maintain healthy friendships.
- Analyze stressors and develop effective coping skills.
- Understand and access information regarding various mental health problems.
- Demonstrate ways to communicate respect for oneself and others.
- Make a personal commitment to abstain from sexual intercourse.
- Recognize effective methods/steps for pregnancy prevention.
- Understand the risks of HIV and other sexually-transmitted infections (STI).
- Understand effective ways to prevent HIV and STIs.
- Access valid sources for information and help.
- Apply basic first aid techniques.
- Avoid or handle interpersonal conflict.
- Make positive choices regarding healthy physical activity and nutrition.