

Course Title:	7th Grade Health
Grade(s):	7th

Course Description
Seventh Grade Health helps students build a strong foundation in physical, mental, and emotional wellness. Students explore the four components of wellness, set personal goals, and learn stress management skills, including relaxation, mindfulness, and the impact of social media. The course covers substance abuse prevention, including alcohol, tobacco, vaping, and marijuana, as well as disease prevention with a focus on HIV/AIDS. In the Human Growth and Development unit, students learn about puberty, hygiene, reproductive anatomy, the menstrual cycle, and abstinence.
Approved Curricular Materials/Textbook(s)

Unit Title	Unit Description (Include Unit Objectives)	Unit Pacing
Unit 1: Personal Mental Health	In this unit focused on wellness, students will be able to: • Define wellness and 4 components • Identify areas of strength • Identify areas to improve (goals) for each component • Draw wellness connections and develop a rating for overall wellness • Complete the All About Me Wellness Project • Complete the All About Me Personal Reflection	4 Quarters September
Unit 2: Stress Management	In this unit focused on stress, students will be able to: • Define Stress, Eustress, Distress • Understand the Symptoms of Stress • Understand Stress-Related Illnesses • Learn strategies for managing stress • Practice relaxation skills/mindfulness • Learn about social media and stress (School Counseling Department)	October

Unit 3: Suicide/ Depression	As of 2022/23 - School Psychologist and Social Worker teach SOS training (2 classes on the Signs of Suicide) • Warning signs • Ways to help • Signs symptoms	
Unit 4: Substance Abuse	In this unit on substance abuse and prevention, students learn about the dangers of: • Alcohol • Tobacco • Vaping • Marijuana	October/November
Unit 5: Disease Prevention	• HIV/AIDS	November
Unit 6: Human Growth and Development	In this unit on human growth and development, students learn about: • Puberty-Changes in Males and Females-physical and emotional changes • Hygiene • Male and Female Reproductive Anatomy • Menstrual Cycle • Abstinence	November