

Course Name: Grade 7 - Health Education (M8702)

Course Description:

The Grade 6-8 Health Education Program is designed to give students the opportunity to examine the importance of wellness throughout a lifespan. Students will examine factors that both support and hinder the achievement of personal health goals. Students will explore the efforts of organizations to prevent and control disease as well as health conditions. The program is also designed to give students the ability to analyze various health issues to determine not only how they can live healthier lives, but how they can positively impact the health of others. An examination of the impact that community and groups can have on individuals will allow students to plan and implement ways to promote health at various levels. Students will not only understand the short-term and long-term effects of various drugs, but they will also gain an understanding of the cycle of addiction and dependency. Students will gain the skills necessary to examine the short and long-term effects of their decisions. Students will also explain the role of practicing healthy behaviors in an effort to prevent disease and unintended health issues and outcomes. Students will examine the characteristics of a healthy relationship and will discuss the various types of relationships that exist as well as cultural stereotypes. Students will understand the strategies available to deal with stress, conflict, crisis, and change. The students will determine when it is necessary to seek help from a health professional and research ways to advocate for health issues. In order to achieve these goals, the course will be guided by both the New Jersey State Standards and the National Standards for Health Education.

Course Proficiencies:

The following list of proficiencies describes what students are expected to know and be able to do as a result of successfully completing this course. The proficiencies are the basis for assessment of student achievement. The learner will demonstrate the ability to:

Personal Health

- A. Analyze how the influence of peers and different social settings can result in positive and/or negative consequences. 2.3.8.ATD.5; 2.3.8.PS.6

Alcohol, Tobacco and Other Drugs

- A. Examine the use of alcohol, tobacco, and other drugs by adolescents and the social, emotional, and physical impact that use has on their lives and the lives of family members. 2.3.8.ATD.1; 2.3.8.DSDT.4
- B. Explain the impact of alcohol and other drugs on areas of the brain that control vision, sleep, coordination, reaction time, judgment, and memory. 2.3.8.ATD.4
- C. Summarize the signs and symptoms of alcohol, tobacco, and drug disorders. 2.3.8.DSDT.1

- D. Determine factors that contribute to different rules, laws, and policies in schools, communities, and states regarding alcohol, tobacco, and other drugs. 2.3.8.ATD.3

Social and Emotional Health

- A. Analyze the similarities and differences between friendships, emotional relationships, and physical relationships. 2.1.8.SSH.5
- B. Compare and contrast the characteristics of healthy and unhealthy relationships. 2.1.8.SSH.4
- C. Demonstrate communication skills that can support healthy relationships. 2.1.8.SSH.3

Personal Safety

- A. Assess the degree of risk in a variety of situations, and identify strategies needed to reduce injuries to self and others. 2.3.8.PS.1
- B. Define interpersonal violence and describe its impact on health. 2.3.8.PS.3
- C. Determine the effectiveness of laws designed to keep children and adolescents healthy and safe. 2.3.8.PS.5
- D. Compare the risks and benefits of self-disclosure through technology use in relationships. 2.3.8.PS.7

Community Health Services and Support

- A. Identify health professionals at school and in the community and ways they can be accessed. 2.1.8.CHSS.1
- B. Compare and contrast the various services that are available for individuals affected by substance use disorders in the community and at the state level for individuals and family members. 2.3.8.DSDT.2; 2.3.8.DSDT.5

Assessments:

The evaluation of student achievement in this class is based on the following:

- Tests/quizzes
- Open-ended responses and essays
- Individual and group projects
- Multimedia presentations
- Classroom discussions

Board Adopted Materials:

Teaching Resources and Related Student Materials:

- Glencoe Teen Health 2, Glencoe/McGraw-Hill (2009)
- [Character Counts](#) - six pillars of character

- Value tree inspiration - [Create a Me Tree](#)
- Alcohol Tobacco and Other drugs - [kidshealth.org](#) and Teen Health Course 2 textbook
- Interpersonal Violence
 - [World Health Organization](#)
 - [National Library of Medicine](#)
 - [Domestic violence and abusive relationships](#)
- Community Health and NJ Laws
 - [Encyclopedia.com](#)
 - [NJ.gov](#)