

## Grade Seven

Students in grade seven generate and choose positive alternatives to risky behaviors. They use skills to resist peer pressure and manage stress and anxiety. Students are able to relate health choices (e.g., nutritional, physical activity) to alertness, feelings, and performance at school or during physical activity. Students exhibit a healthy lifestyle, interpret health information, and promote good health.

### Knowledge and Skills

- 7.1 The student will use knowledge of health concepts to make decisions related to personal safety and wellness. Key concepts/skills include
- alternatives to gang-related behaviors and acts of violence;
  - recognition of harmful and risky behaviors;
  - the benefits of stress management and stress-reduction techniques;
  - development of strategies for coping with disappointment;
  - factors that affect school success;
  - the impact of difficult family situations;
  - development of healthy interpersonal relationships.
- 7.2 The student will describe and exhibit the behaviors associated with a physically active and healthy lifestyles. Key concepts/skills include
- the effects of nutrition on daily performance;
  - the importance of participating in recreational and leisure activities;
  - strategies for avoiding drugs, alcohol, tobacco, inhalants, and other harmful substances;
  - the health benefits of regular physical activity and fitness;
  - the impact of sleep and rest on physical and mental performance.

### Information Access and Use

- 7.3 The student will investigate and analyze the various factors that guide an individual's decisions about health and wellness. Key concepts/skills include
- the types of advertising techniques used to influence adolescents' decisions;
  - the validity of information from different resources;
  - family practices and customs.

### Community Health and Wellness

- 7.4 The student will describe how family and community priorities influence an individual's ability to reduce diseases and other health problems. Key concepts/skills include
- the relationship of social and environmental factors to individual and community health;
  - the community's financial resources dedicated to promoting health;
  - the community's support of health services and partnerships;
  - the availability of emergency response systems and services;
  - the community's support of recreational and leisure activities.
- 7.5 The student will work cooperatively with others to support and promote healthy schools, families, and communities. Key concepts/skills include
- implementation of safe and healthy practices and behaviors;
  - advocacy and use of appropriate methods of expressing opinions on health issues;
  - the benefits of community service.