
Health Education: Grade 7

The content in the DoDEA health education standards is organized into seven strands. The six standards in the first strand, Health Literacy Skills (HESK), address skills that are for personal, family and community health enhancement. These standards teach essential and transferable skills that foster health efficacy. The skills also are applicable as learning tools for the other six content strands. The standards in the Health Literacy Skills strand are consistent throughout all grade levels and matched at each grade level with content standards in the other strands as important similarities are identified. The standards in the remaining content strands, Personal and Community Health (HE1); Safety and Injury Prevention (HE2); Nutrition and Physical Activity (HE3); Mental Health (HE4); Alcohol, Tobacco, and Other Drugs (HE5); Family Life and Human Sexuality (HE6) progressively change through the grade levels.

Strand:

HESK Health Literacy Skills

Essential Understanding: **7HESK** Demonstrating health literacy skills lead to personal family and community health.

The student will:

Standards:

7HESK1: access valid health information;
7HESK2: practice health-enhancing behavior;
7HESK3: analyze influences on health;
7HESK4: use interpersonal communications skills to enhance health;
7HESK5: use goal setting and decision making skills to enhance health; and
7HESK6: advocate for health.

Strand:

HE1 Personal and Community Health

Essential Understanding: **7HE1** Practicing personal hygiene, health habits, and health promotion leads to lifelong wellness.

The student will:

Standards:

7HE1a: determine behavioral and environmental factors associated with major causes of death in the United States;
7HE1b: analyze the impact of internal and external factors on the incidence and prevalence of noncommunicable diseases;
7HE1c: distinguish between health and wellness and how each is achieved
7HE1d: describe how physical, social, and emotional environments influence personal health and wellness;
7HE1e: analyze how lifestyle and family history are related to the causes or prevention of disease; and
7HE1f: compare various personal and community health-related careers.

Strand:

HE2 Safety and Injury Prevention

Essential Understanding: **7HE2** Following safe practices prevents injury, sudden illness, child abuse and child neglect.

The student will:

- Standards:
- 7HE2a:** investigate resources that address safety issues in school and in the community;
 - 7HE2b:** determine strategies for getting help for self and others;
 - 7HE2c:** predict outcomes of risk taking behaviors for the student's age group;
 - 7HE2d:** judge the consequences of gang involvement;
 - 7HE2e:** demonstrate strategies for preventing personal injuries;
 - 7HE2f:** demonstrate strategies for responding to emergencies or sudden illness; and
 - 7HE2g:** examine careers related to safety and injury prevention.

Strand:

HE3 Nutrition and Physical Activity

Essential Understanding: **7HE3** Healthful nutrition and physical activity contribute to growth and energy and prevent chronic diseases.

The student will:

- Standards:
- 7HE3a:** select healthy food choices in a variety of settings;
 - 7HE3b:** identify the relationship between food intake and chronic disease;
 - 7HE3c:** analyze a personal nutritional assessment to determine healthful and harmful nutritional practices;
 - 7HE3d:** formulate a plan for daily physical activity; and
 - 7HE3e:** examine careers related to nutrition and physical activity.

Strand:

HE4 Mental Health

Essential Understanding: **7HE4** Mental health is essential to general well-being

The student will:

- Standards:
- 7HE4a:** describe healthful ways to express and manage strong emotions;
 - 7HE4b:** demonstrate healthful strategies for diminishing bullying behaviors;
 - 7HE4c:** describe the characteristics of good mental health;
 - 7HE4d:** describe situations requiring professional health services; and
 - 7HE4e:** compare and contrast careers related to mental health.

Strand:

HE5 Alcohol, Tobacco, and Other Drugs

Essential Understanding: **7HE5** Drug use can be helpful or harmful. Misuse has consequences that may require intervention and treatment.

The student will:

- Standards:
- 7HE5a:** recognize warning signs of drug dependence, abuse and addiction;
 - 7HE5b:** describe intervention and treatment services related to drug dependence, abuse, and addiction;
 - 7HE5c:** demonstrate effective ways to say no to pressure to use alcohol, tobacco and other drugs; and
 - 7HE5d:** explain why most adolescents do not use alcohol, tobacco, and other illicit drugs; and

7HE5e: identify careers related to pharmaceutical fields and the prevention, intervention, and treatment of chemical dependency.

Strand:

HE6 Family Life and Human Sexuality

Essential Understanding: **7HE6** Developmental changes prepare one for adult roles in the family and society.

The student will:

Standards:

7HE6a: apply information about the structure and function of the human reproductive system to varied rates and stages of adolescent development;

7HE6b: explain how family values, culture, religious views, and other factors influence personal decision making.

7HE6c: analyze routes of transmission and strategies for prevention of HIV/AIDS and other sexually transmitted diseases (STDs); and

7HE6d: examine careers related to family life and human sexuality.