

Identifier	Poplar - Grade 7 - Health	Introduced	Completed
7 H 1	HEALTH PROMOTION / DISEASE PREVENTION		
7 H 1.01	Explain the impact of personal health behaviors on the functioning of body systems.		
7 H 1.02	Describe how growth and development relate to personal health decisions.		
7 H 1.03	Describe how age, gender, physical activity, lifestyle and heredity affect nutrient needs.		
7 H 1.04	Analyze the physiological and psychological effects of drug usage.		
7 H 1.05	Demonstrate knowledge and strategies for personal safety.		
7 H 1.06	Describe ways to reduce risk factors and increase resiliency related to adolescent health.		
7 H 1.07	Identify laws and regulations made to protect the health of the community.		
7 H 1.08	Identify personal actions that contribute to the deterioration of the environment.		
7 H 1.09	Describe special needs diets.		
7 H 1.10	Describe proper versus improper health-care practices for adolescents.		
7 H 1.11	Describe HIV/AIDS and how it is transmitted.		
7 H 1.12	Describe common sexually transmitted diseases: gonorrhea, syphilis, herpes, chlamydia, public lice, genital warts, and HIV/AIDS.		
7 H 1.13	Identify factors that place a person at risk for disease and factors that enhance one's health.		
7 H 2	HEALTH INFORMATION / ACCESSING INFORMATION		
7 H 2.01	Differentiate health concerns as personal responsibility or professional responsibility.		
7 H 2.02	Identify characteristics of scientifically valid health information.		
7 H 2.03	List and describe criteria for selecting health-care products and services.		
7 H 3	HEALTH ENHANCEMENT / SELF MANAGEMENT		
7 H 3.01	Apply conflict resolution techniques including peer mediation within the school environment.		
7 H 3.02	Analyze the school environment for personal safety and security.		
7 H 3.03	Use appropriate methods of response to negative risk-taking behaviors including suicide, alcohol, tobacco, and other drugs.		
7 H 3.04	Describe and follow rules prohibiting possession of weapons at school and in the community.		
7 H 3.05	Demonstrate compliance with school safety procedures including emergency drills.		
7 H 3.06	Evaluate the role others play in stress.		
7 H 3.07	Perform advanced first aid procedures.		
7 H 3.08	List stressors.		
7 H 3.09	Describe two techniques for managing stress.		
7 H 4	INFLUENCES		
7 H 4.01	Analyze how different cultures enrich and challenge health practices.		
7 H 4.02	Evaluate the impact of technology on health and disease prevention.		
7 H 4.03	Critique a variety of consumer influences that affect health decisions.		
7 H 4.04	Explain why each individual is responsible for choosing to use or not use chemicals.		
7 H 4.05	Demonstrate knowledge of vocabulary related to physical education activities.		
7 H 4.06	Exhibit interest in developing personal physical fitness.		
7 H 4.07	Demonstrate improvement of basic skills and strategies during participation in games.		
7 H 5	INTERPERSONAL COMMUNICATION		
7 H 5.01	Role play decision-making and problem-solving skills, which enhance interpersonal relationships.		
7 H 5.02	Explore the causes of conflict in school and community and demonstrate refusal and negotiation skills.		
7 H 5.03	List good communications skills that can facilitate one's talking with own parents.		
7 H 5.04	Describe healthy versus unhealthy ways to cope with family changes.		
7 H 5.05	Describe the effects on a family of substance abuse by a family member.		
7 H 6	DECISION MAKING / GOAL SETTING		
7 H 6.01	Apply a decision-making process to a significant health issue or problem.		
7 H 6.02	Develop a personal health plan that addresses personal strengths, needs, and health risks.		
7 H 6.03	Compare and contrast the short- and long-term impact of health decisions on the individual and society.		
7 H 6.04	Determine contacts for assistance with health issues.		
7 H 6.05	Describe basic criteria for goal-setting and decision-making.		
7 H 6.06	List alternatives to teen sexual activity.		
7 H 6.07	Explain the responsibilities inherent in sexual relationships		

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7 H 6.08	Strive to improve one's personal best		
7 H 7	PERSONAL AND COMMUNITY HEALTH		
7 H 7.01	Identify and research a community health issue and develop a plan of action.		
7 H 7.02	Demonstrate effective use of basic skills in low-organized team or group games.		
7 H 7.03	Know and follow rules controlling behavior in designated areas.		
7 H 7.04	Understand and comply with safety rules developed for students' protection while in activities, especially concerning care of weights and weight rooms.		
7 H 7.05	Through participation, demonstrate understanding of rules governing activities.		