

STANDARDS FOR HEALTH AND WELLNESS: GRADE 7

CATALINA FOOTHILLS SCHOOL DISTRICT

Standard 1: Essential Health Concepts

Students will comprehend concepts related to health promotion and disease prevention to enhance health.

HW.7.1.1 Describe the benefits of and barriers to practicing healthy behaviors (for example: health behaviors that reduce the risk of cardiovascular disease and barriers for practicing them; barriers to good nutrition at home, school, and in social situations; required: sun safety).

HW.7.1.2 Analyze various factors that affect personal health

- environment (for example: pollutants, food contamination, how safety of the school and local environment affects walking to school)
- family history (for example: heredity; for example: dietary behaviors, cardiovascular disease, cancer, obesity, alcoholism)

HW.7.1.3 Explain why and how nutrition requirements may vary from person to person, (for example: personal needs, family history of disease). [Connect to Physical Education]

HW.7.1.4 Develop strategies to balance healthy food and water intake along with daily physical activity. [Connect to Physical Education]

Standard 2: Analyzing Influences

Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

HW.7.2.1 Analyze the influence of various factors on healthy and unhealthy behaviors of adolescents.

- school, community, and public health policies (for example: counselors, nurses, and community enforcement personnel/agencies, school and public wellness policies – school nutrition/lunch menu guidelines, immunizations, water and air quality, sun safety)
- cultural beliefs and practices (for example: family roles and structures, dress – body piercing, traditions/norms)
- risky behaviors (for example: dieting, eating disorders, illegal drug use, breaking curfew, lying to adults)

Standard 3: Accessing Valid Information and Services

Demonstrate the ability to access valid information and products or services to enhance health.

HW.7.3.1 Describe how to access products that enhance health (for example: generic and name brand health products; recommendations from health professionals, products approved by the Food and Drug Administration/FDA).

HW.7.3.2 Analyze sources of information on a self- or teacher-selected topic.

Standard 4: Interpersonal Communication

Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

HW.7.4.1. Apply effective verbal and nonverbal communication skills to enhance health (for example: body language matches words, show care and concern).

- refusal and negotiation skills that avoid or reduce health risks (for example: effective ways to say no to negative peer pressure-cheating, bullying/cyberbullying, disrespectful behavior toward adults; walk away, contact a trusted adult, delay, say no again, change the subject, give a reason or excuse)

HW.7.4.2 Model effective conflict management or resolution strategies (for example: peer mediation skills; stay calm, listen, seek the assistance of a mediator, apologize or accept an apology, work together to resolve the conflict, compromise on a choice that is fair to all persons, etc.).

Standard 5: Decision Making

Demonstrate the ability to use decision-making skills to enhance health.

HW.7.5.1 Determine when health-related situations require the application of a thoughtful decision-making process (for example: how one might decide not to smoke despite influences of peers or family, what to do when someone is teased or bullied).

- distinguish when an individual or collaborative decision-making is appropriate (for example: when experiencing sadness requires support from an adult)

HW.7.5.2 Analyze the outcomes of a health-related decision (for example: substance abuse) [Students will conduct research on a different topic each year.]

- predict the potential short-term impact of healthy and unhealthy decisions (for example: drug abuse, choosing to be drug-free, supporting a friend who has decided to be alcohol, tobacco, and drug-free).

Standard 6: Goal Setting

Demonstrate the ability to use goal-setting skills to enhance health.

HW.7.6.1 Analyze the effectiveness of personal health practices.

- develop a goal to adopt, maintain, or improve a personal health practice [Connect to Physical Education]
- develop strategies and skills needed to attain a personal health goal

Standard 7: Practicing Health-Enhancing Behaviors

Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

HW.7.7.1 Demonstrate the importance of being accountable for personal health behaviors. [Connect to Standards 1 and 2]

Standard 8: Health Promotion

Demonstrate the ability to advocate for personal, family, and community health.

HW.7.8.1 Select a health enhancing position on a topic and support it with accurate information (for example: sport enhancing nutritional supplements, importance of physical activity).

- identify ways to advocate for healthy individuals, families, and schools (for example: volunteer opportunities in health related organizations, food drive, blood drive, letter writing campaign)