

Grade 7 Health Education Scope and Sequence

Unit Theme	Unit Focus	Focus Standards	Concepts	Resources	Extensions
Introduction	The six units of 7 th grade health class include: Mental/ Emotional Health; Alcohol, Tobacco, and Other Drugs; Sexual Health; Safety; Nutrition; and Anatomy.	DCPS state standards for 7 th grade health class are listed for each unit.	<ul style="list-style-type: none"> Key concepts illustrate what students should take away from each unit, as related to the focus standards. 	The unit overviews for each unit can be referenced for more specific lists of resources.	Each unit has some overlap with themes from different subjects, including ELA and Mathematics, which are highlighted with references to DCPS state standards and Common Core standards.
1 Mental/ Emotional Health	This unit centers on the multiple dimensions of health, including mental health, and how they are interrelated. It also examines factors that influence health. Students will explore how societal messages influence their own perceptions and behaviors.	7.1.3 Analyze how unhealthy social environments influence personal health 7.4.2 Analyze how societal messages from all media influence adolescents' perceptions and behaviors related to sexual activity, diet and body image, alcohol, drug use and violence Directory Project 7.2.1 Demonstrate the ability to access valid mental health information from schools and community resources Goal Setting Project 7.6.1 Design a purposeful health goal, evaluate how family and peers might support or hinder its achievement, and evaluate progress towards it achievement	<ul style="list-style-type: none"> Dimensions of health; Factors that influence health; Mental health; Accessing information; Goal setting 	Mental Health Unit Overview	ELA Theme – Characters with Character: Historical fact vs. historical fiction ELA W.7.3 Write narratives to develop real or imagined experiences or events using effective technique, relevant descriptive details, and well structured event sequences.
2 Alcohol, Tobacco, and Other Drugs	This unit explores how to apply life-skills such as risk refusal and decision making to choices about alcohol, tobacco, and other drugs. Student will learn about the many costs of alcohol, tobacco, and other drug use and involvement.	7.2.1 Assess the effects of peer pressure and offer effective ways to cope with negative influences and bullying Research Project 7.1.14 Explain the physical, legal, financial, social and psychological cost of the use, sale, and possession of illegal substances. Advocacy Project 7.1.15 Describe the signs and symptoms of substance abuse, factors that contribute to the abuse, stages that lead to dependency, and ways that family and friends can support a drug free lifestyle.	<ul style="list-style-type: none"> Peer pressure; Signs and symptoms of substance use and abuse Decision Making Model 	LifeSkills I	ELA Theme – Perseverance ELA W.7.7 Conduct short research projects to answer a question, drawing on several sources and generating additional related, focused questions for further research and investigation.

<p>3 Sexual Health</p>	<p>In this unit, students will examine the physical, mental, and emotional changes that occur during puberty. Students will learn about pregnancy and disease preventative measures they can take and about the consequences of sexual activity.</p>	<p>7.1.4 Describe the components, functions, and processes of the reproductive system, and key developmental and body changes during puberty 7.1.5 Describe short-term and long-term consequences of adolescent sexual activity, and the benefits of abstinence as the most effective means of contraception 7.1.8 Compare and contrast the major symptoms of most STIs 7.1.7 Analyze the social, cultural, religious, and legal factors that influence the choice and use of contraception; and the choice to remain abstinent</p>	<p>Reproductive system</p> <ul style="list-style-type: none"> • Abstinence and contraception; • STIs; • Healthy relationships; • Puberty, growth and development 	<p>Making Proud Choices Sexual Health Resource Lessons</p>	<p>ELA Theme – Survival in the Wild</p>
<p>4 Safety</p>	<p>This unit builds on personal safety to include consideration of others’ safety. Students will practice conflict-resolution strategies and procedures such as first aid and communication skills that promote personal safety and help address conflict.</p>	<p>7.5.1 Describe how to demonstrate care and concern toward ill and disabled persons in one’s family, school, and community. 7.5.2 Analyze the possible causes of conflict in families, such as hurt feelings, jealousy, desire for independence, and privacy; and discuss possible solutions.</p>	<ul style="list-style-type: none"> • Disaster preparedness • Conflict resolution; • Bullying; • Basic first aid procedures; 	<p>Home Safety Inspection project gr. 7 (Resource guide) LifeSkills II Safety Unit Overview</p>	<p>ELA Theme – Science or Fiction?</p>
<p>5 Nutrition</p>	<p>This unit exposes students to the importance of caring for their bodies through the food choices that they make. They will learn how to maintain a healthy diet and plan meals, as well as assess their own overall fitness.</p>	<p>7.1.12 Explain that a body mass index is a general indicator of overall fitness. 7.1.13 Describe the benefits of a high-fiber diet (e.g., plenty of grains and fruit) to help food and waste products move through the body systems and prevent diseases.</p>	<ul style="list-style-type: none"> • Meal planning; • Understanding food labels; • Body mass index; • diet 	<p>Food diary, healthy meal plan (Resource guide) Nutrition Unit Overview</p>	<p>ELA Theme – War and Peace ELA W.7.6 Use technology, including the internet, to produce and publish writing and link to and cite sources</p>
<p>6 Anatomy</p>	<p>This unit demonstrates how food choices either promote or prevent disease. Students will learn about disease prevention and health conditions prevalent in adolescents.</p>	<p>7.1.10 Compare and contrast prevention and treatment of diseases and health conditions prevalent in adolescents, including obesity, diabetes, Lyme disease, STIs and HIV/AIDS. 7.1.13 Describe the benefits of a high-fiber diet to help food and waste products move through the body systems and prevent diseases.</p>	<ul style="list-style-type: none"> • Body systems (with a focus on the reproductive and excretory systems); • Disease and prevention 		<p>ELA Theme – Comedy and Tragedy ELA SL.7.5 Include multimedia components and displays in presentations to clarify claims and findings and emphasize salient points</p>