

Scope and Sequence - 7th Grade Health

Standards Details: [National Health Education Standards – 3rd Edition](#)

Unit 1: Being Mentally & Emotionally Healthy	Length: 1 week
Lesson: Getting to Know Yourself	
Standards: 1.8.1, 2.8.1, 2.8.2, 2.8.3, 2.8.4, 2.8.5, 2.8.8, 7.8.1, 7.8.2	
Students will: <ul style="list-style-type: none">➤ describe the different parts of a person’s identity.➤ identify one personal value, one personal belief, and one personal attitude.➤ distinguish between self-image and self-esteem.➤ explain why self-esteem matters.➤ identify factors that can affect a person’s self-esteem.➤ give examples of strategies they can use to help improve their self-image and self-esteem.	
Lesson: Making Sense of Your Emotions	
Standards: 1.8.1, 1.8.2, 1.8.7, 2.8.3, 3.8.4, 4.8.1, 5.8.1, 5.8.2, 7.8.1, 7.8.2	
Students will: <ul style="list-style-type: none">➤ identify pleasant and unpleasant emotions.➤ explain what it means to have emotional awareness.➤ describe how identifying and accepting their feelings can help them control their emotions.➤ demonstrate how to express their emotions in a healthy way.➤ identify characteristics of people with high emotional intelligence.	
Lesson: Managing Stress	
Standards: 1.8.7, 3.8.4, 5.8.5, 8.8.2	
Students will: <ul style="list-style-type: none">➤ differentiate between acute stressors and chronic stressors.➤ describe different types of stress.➤ explain how the body responds to stress.➤ give examples of strategies they can use to manage the stress in their lives.➤ recognize when they should seek professional help for stress.	

Unit 2: Getting Help for Mental Health Conditions	Length: 1 week
Lesson: Recognizing Mental Health Conditions	
Standards: 1.8.3, 1.8.4, 1.8.8, 2.8.1	
Students will: <ul style="list-style-type: none">➤ identify the different types of mental health conditions.➤ describe anxiety disorders.➤ differentiate between mood disorders and personality disorders.➤ explain possible causes of mental health conditions.	
Lesson: Treatment for Mental Health Conditions	
Standards: 1.8.7, 3.8.4, 4.8.4, 5.8.3, 7.8.3	
Students will: <ul style="list-style-type: none">➤ describe treatment options for mental health conditions.➤ compare different types of therapy.	

<ul style="list-style-type: none"> ➤ summarize barriers to seeking help for mental health conditions. ➤ recognize how to help a loved one who has a mental health condition.
Lesson: Preventing Suicide
Standards: 1.8.3, 1.8.5, 1.8.8, 2.8.1, 2.8.2, 2.8.4, 3.8.4, 4.8.4, 7.8.3
Students will: <ul style="list-style-type: none"> ➤ identify risk factors of suicide. ➤ recognize signs that someone may be at risk of attempting suicide. ➤ identify ways to respond to warnings signs of suicide. ➤ explain how treating mental health conditions helps prevent suicide. ➤ describe how suicide affects other people in the victim’s life.

Unit 3: Promoting Healthy Relationships	Length: 1 week
Lesson: What is a Healthy Relationship?	
Standards: 1.8.1, 1.8.7, 1.8.8, 4.8.1, 4.8.2, 4.8.3, 4.8.4, 5.8.3, 7.8.2	
Students will: <ul style="list-style-type: none"> ➤ discuss the importance of relationships for physical, emotional, and social health. ➤ identify the characteristics of a healthy relationship. ➤ identify signs of an unhealthy relationship. ➤ explain how to communicate effectively with others. ➤ summarize the process of negotiation to resolve conflicts. ➤ describe the purpose of peer mediation. 	
Lesson: Peer Relationships	
Standards: 1.8.7, 2.8.3, 2.8.8, 4.8.1, 5.8.1, 5.8.3, 5.8.7, 7.8.2	
Students will: <ul style="list-style-type: none"> ➤ distinguish between different types of friendships. ➤ explain how to promote tolerance and celebrate diversity in relationships. ➤ devise a plan to use strategies for building and maintaining healthy friendships. ➤ evaluate common issues in friendships. ➤ differentiate between positive and negative types of peer pressure. 	
Lesson: Dating Relationships	
Standards: 2.8.8, 5.8.1, 5.8.3, 5.8.4, 5.8.6, 5.8.7	
Students will: <ul style="list-style-type: none"> ➤ describe the characteristics of a healthy dating relationship. ➤ identify strategies to set boundaries for physical intimacy before and during a dating relationship. ➤ follow strategies for forming a healthy dating relationship. ➤ describe ways to handle the end of a dating relationship. 	

Unit 4: Understanding Violent Behavior	Length: 1 week
Lesson: Abuse and Neglect	
Standards: 1.8.5, 1.8.8, 2.8.10, 3.8.4, 4.8.4, 5.8.5, 5.8.7	
Students will: <ul style="list-style-type: none"> ➤ identify the types of abuse. 	

<ul style="list-style-type: none"> ➤ explain what domestic violence is. ➤ summarize the effects of child abuse and the results of reporting it. ➤ list forms of sibling abuse and elder abuse. ➤ discuss the cycle of abuse and ways of responding to abuse. ➤ identify strategies for preventing abuse.
Lesson: Other Types of Violence
Standards: 1.8.8, 2.8.4, 2.8.8, 2.8.10, 3.8.4, 3.8.5, 4.8.2, 4.8.3, 4.8.4, 7.8.1
Students will: <ul style="list-style-type: none"> ➤ explain what school violence is and how schools prevent it. ➤ describe the reasons for and consequences of people joining gangs. ➤ list ways to protect yourself from human trafficking. ➤ describe how hate crimes can be prevented. ➤ discuss the consequences of homicide. ➤ identify ways to help prevent terrorism. ➤ explain what you can do to help prevent violence.

Unit 5: Alcohol	Length: 1 week
Lesson: The Effects of Alcohol	
Standards: 1.8.1, 1.8.4, 1.8.8, 1.8.9, 2.8.4, 2.8.9, 5.8.5	
Students will: <ul style="list-style-type: none"> ➤ differentiate moderate drinking, binge drinking, and heavy drinking. ➤ summarize how alcohol use can increase the risk of developing alcohol-use disorders. ➤ analyze the effects of alcohol on the brain. ➤ relate alcohol use to long-term health consequences. ➤ explain the consequences of underage drinking. ➤ assess the role of alcohol in accidents and violence. 	
Lesson: Preventing and Treating Alcohol-Use Disorders	
Standards: 1.8.1, 1.8.5, 2.8.1, 2.8.3, 2.8.4, 2.8.5, 2.8.7, 2.8.8, 2.8.10, 4.8.2, 5.8.1, 7.8.1	
Students will: <ul style="list-style-type: none"> ➤ describe factors that influence young people’s beliefs about alcohol use. ➤ demonstrate methods of preventing alcohol-use disorders. ➤ explain treatment methods for alcohol-use disorders. ➤ demonstrate how to help someone who has an alcohol-use disorder. 	

Unit 6: Medications and Drugs	Length: 2.5 weeks
Lesson: Illegal Drugs	
Standards: 1.8.1, 1.8.8, 1.8.9, 2.8.1, 2.8.2, 2.8.3, 2.8.4, 2.8.9, 2.8.10, 3.8.4, 5.8.1, 5.8.4, 5.8.5, 5.8.6, 5.8.7, 7.8.3	
Students will: <ul style="list-style-type: none"> ➤ give examples of common types of illegal drugs. ➤ describe the short- and long-term health effects of illegal drugs. ➤ explain why some young people use drugs. ➤ describe the physical, mental, emotional, and social consequences of drug abuse and addiction. 	

➤ recognize the signs of drug abuse and drug addiction.
Lesson: Preventing and Treating Drug Abuse and Addiction
Standards: 1.8.5, 1.8.7, 2.8.3, 2.8.4, 2.8.5, 2.8.8, 2.8.10, 3.8.4, 4.8.2, 4.8.4, 5.8.1, 5.8.3, 5.8.6, 5.8.7, 7.8.3, 8.8.1, 8.8.2, 8.8.3, 8.8.4
Students will:
<ul style="list-style-type: none"> ➤ explain strategies for preventing drug abuse and addiction. ➤ demonstrate refusal skills to resist peer pressure to use drugs. ➤ describe several treatment methods for drug abuse and addiction. ➤ explain how they can help someone who is addicted to drugs.

Unit 7: Anatomy & Physiology	Length: 8.5 weeks
Lesson's: circulatory, respiratory, digestive, nervous, and immune systems	
Standards: 7.8.2, 7.8.3	
Students will:	
<ul style="list-style-type: none"> ➤ identify the organs of the circulatory, respiratory, digestive, nervous, and immune systems. ➤ describe what the systems do and the functions. ➤ Explain how the systems work together ➤ Identify common illnesses or conditions associated within the systems 	

Unit 8-9: Sex Education	Length: 1 week
Lesson: Sexual Feelings & Behaviors	
Standards: 1.8.1, 1.8.5, 1.8.7, 2.8.3, 2.8.5, 4.8.2, 5.8.1, 5.8.3, 5.8.4, 5.8.5, 5.8.6, 7.8.1, 7.8.2, 7.8.3	
Students will:	
<ul style="list-style-type: none"> ➤ identify the physical changes that occur in puberty. ➤ explain what sexual intercourse is. ➤ describe the results of sexual activity. ➤ explain the benefits of abstinence. ➤ develop refusal skills that can help avoid sexual activity. 	
Lesson: Unwanted Sexual Activity	
Standards: 1.8.1, 1.8.2, 2.8.4, 2.8.10	
Students will:	
<ul style="list-style-type: none"> ➤ define sexual harassment. ➤ describe types of sexual violence. ➤ identify consequences of sexual violence. ➤ develop refusal skills that can help them avoid unwanted sexual activity. ➤ describe steps for helping victims of sexual violence. 	

Unit 9: Sex Education	Length: 1 week
Lesson: Sexually Transmitted Infections (STIs)	
Standards: 1.8.5, 1.8.7, 1.8.9, 3.8.1, 3.8.5, 4.8.2, 5.8.6	
Students will:	
<ul style="list-style-type: none"> ➤ understand how people contract sexually transmitted infections (STIs). 	

- describe the most commonly reported STIs.
- identify potential STI resources.
- explain treatment methods for STIs.

Lesson: HIV/AIDS

Standards: 1.8.1, 1.8.3, 1.8.4, 1.8.6, 1.8.7, 1.8.8, 1.8.9, 2.8.1, 2.8.4, 3.8.4, 4.8.4, 5.8.7, 6.8.1, 7.8.2, 7.8.3

Students will:

- understand terms associated with noncommunicable diseases.
- explain the risk factors for noncommunicable diseases.
- describe risks that noncommunicable diseases pose to their health.

Lesson: Pregnancy Prevention

Standards: 1.8.1, 1.8.5, 1.8.7, 1.8.9, 2.8.4, 3.8.1, 3.8.4, 5.8.3, 5.8.4, 7.8.1, 8.8.3

Students will:

- recognize pregnancy prevention facts and myths.
- identify the benefits of continuous abstinence.
- explain how effective barrier methods are in preventing pregnancy.
- identify hormonal birth control methods.
- describe natural birth control methods.
- summarize sterilization procedures.
- determine what options are available when contraception fails.

Lesson: Teen Pregnancy & Parenthood

Standards: 1.8.6, 2.8.8

Students will:

- summarize how sexual intercourse can lead to teen pregnancy.
- identify the health risks of teen pregnancy for the mother, father, and child.
- explain the negative consequences of teen parenthood on families and society.
- describe the benefits of continuous abstinence for preventing teen pregnancy.