

## **7<sup>th</sup> Grade Health Curriculum**

### **Violence**

#### *Lessons:*

1. No Big Deal
2. A Commitment to Non Violence
3. Influence All Around
4. It's About Us
5. The Refusal Skill

### **HIV/Communicable Diseases**

#### *Lessons:*

#### ***\*\*KNOW Curriculum (2 days)***

### **Tobacco, Alcohol and Other Drugs**

#### *Lessons:*

1. Understanding Marijuana-Day 1 & 2
2. Vulnerability: The Effects of Using Tobacco
3. Living with an Alcoholic
4. The Refusal Skill for Self-Control

### **Safety/CPR/First Aid**

#### *Lessons:*

1. Neighborhood Home Safety (water safety)
2. Neighborhood Home Safety (CPR)

### **Growth and Development**

#### *Lessons:*

1. Hormones and Puberty (describe)
2. Human Anatomy (reproductive system)
3. What Media Tells Us About Beauty (body image & eating disorders)
4. How Much Should Families Know

### **The Body**

#### *Lessons:*

1. Target Heart Rate

### **Nutrition**

#### *Lessons:*

1. 6 Essential Nutrients & Food Sources-Day 1
2. 6 Essential Nutrients & Food Source-Day 2
3. Food Label Reading
4. BMR

### **Mental Health**

#### *Lessons:*

1. Communication
2. Empathy (vs Sympathy)
3. Resisting Negative Messages
4. Keeping your Identity with Others

**Sexual Harassment**

*\*\* See counselors for two-day sexual harassment curriculum*

**Goal Setting***Lessons*

1. Goal Setting in Health and Fitness (EALR 4.1)