

Comprehensive Health Seventh Grade

Taking control of one's health needs

Recognizing signs, symptoms, and/or consequences

🍎 eating disorders

🦠 common STDs, including HIV

🚫 alcohol, tobacco, and other drug use

🗣️ stress

🦠 healthy relationships, including dating

Analyzing family, peers, media, culture, perceived norms, and/or internal influences

🍎 food choices

🍎 body image

🚫 causes or prevention of injury

🦠 sexual and reproductive health decisions

🦠 healthy relationships

🗣️ stress

Strategizing for self management of safety and health

🗣️ stress management

🚫 injury prevention

🍎 healthy food and beverage choices

🦠 difficult relationships

🚫 first-response procedures

🚫 alcohol, drug, and tobacco use

Communicating limits and concerns

🍎 deal with negative influences on healthy eating

🗣️ active listening

🗣️ express feelings

🗣️ ask for help from trusted adults or friends

🗣️ negotiate and maintain needs and limits

KEY:

🌊 Unifying Theme

🔴 Organizing Concept

🟡 Supporting Concept

ICON KEY: Prepared Graduate Competencies

🍎 Healthy Eating

🦠 Sexual Health

🚫 Health Promotion

🗣️ Emotional and Social Wellness

🚫 Alcohol, Tobacco, and Drug Prevention

🚫 Violence-free Relationships

🚫 Safety