

Grade 7 Health Standards and Benchmarks Confirmed

Standard 1: Knows and understands how to maintain and promote wellness. (Physical, Mental/Emotional, Social)

Benchmarks:

1.1: Students will know how to locate and use community health services that provide valid health information.

1.2: Students will know and understand personal health strengths and weaknesses and how to apply strategies and skills to improve health.

1.3: Students will know how to apply responsible decision making strategies to maintain or improve their health.

1.4: Students will understand how various messages from the media, technology, and other sources impact health practices.

Standard 2: Knows and understands how to maintain and promote physical health

Benchmarks:

2.1: Understands the fundamental concepts of growth and development

2.2: Knows assault and robbery prevention strategies.

2.3: Knows and understand the concepts pertaining to non-communicable diseases

2.4: Knows and understand how heart health is influenced by environment, behavior and heredity

2.5: Knows and understands how substances, specially tobacco and alcohol can affect health

Standard 3: Knows and understands how to maintain and promote emotional and mental health

Benchmarks:

3.1: Understands how positive self-concept can affect health

3.2: Understands and can apply healthy decision making skills

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Standard 4: Knows and understands how to maintain and promote social health

Benchmarks:

4.1: Knows and can apply refusal and negotiation skills

4.2: Understands how communication techniques with peers, family and adults can improve health

4.3: Understands the development of adolescent independence