

Northwestern School Corporation  
Health Curriculum  
Course Outline  
7<sup>th</sup> Grade

Mental/ Emotional, Physical, Social Health

- Positive health behaviors
- Positive self image
- Responsibility
- Respect (for self, others, community)
- Manners
- Values
- Positive personality traits
- Interaction of physical, emotional, social health

Interpersonal Communication Skills

- Effect communication skills
- Healthy ways to express feelings
- Verbal/ nonverbal communication

Decision Making

- Consequences of decisions
- Importance of setting goals
- Future life goals
- Selecting goals to achieve
- Identify steps to achieve goals
- Develop and design skills to achieve health goals
- Show connection of situation to decision making
- Positive decision making skills
- How personal choices affect others
- Avoiding unhealthy choices
- Evaluate personal health behaviors

Relationships

- Improving relationships
- Peer pressure
- Family/friends/media influence
- Avoiding risk behaviors
- Refusal and negotiation skills
- Avoiding threatening/dangerous situations
- Reducing health risks

### Sources of Stress

- Negative effects of stress
- Managing stress
- Causes of conflict
- Conflict resolution skills
- Managing anger/frustration
- Finding mental/emotional/physical/social help when needed

### Knowledge of Body Systems/Disease Prevention

- Information on body systems
- Lifestyle choices affecting health
- Impact of environment, cultural, family, friends and heredity on health
- Health care
- Providing first aid and treatment of injury, illness, disease
- Prevention of injury, illness, disease
- Improving health
- Personal health assessment
- Overcoming healthy living obstacles in life
- Accepting responsibility for personal health
- Identifying healthy behaviors
- Making healthy choices
- Health information
- Future health technology

### Health Information and Promotion

- Health information sources
- Discovering ways to encourage improving one's health
- Attaining valid health information
- Media influences on health
- Using technology to improve health and find factual information
- Determining the need for health services
- Locating health services
- Comparing health products
- Fitness knowledge
- Long term risk of unhealthy behaviors
- School's role affecting one's health
- Perception of norms
- How community affects health
- Identify benefits of healthy choices and behaviors
- Ways to reduce health risks