

Baltimore County Public Schools **Seventh Grade Comprehensive Health Education**

In grade seven, students will build upon the knowledge and skills they acquired in grade six health. The program will allow students to evaluate health information and products; determine the need for personal responsibility and self-management; practice communication and decision making skills, and identify possible hazardous situations.

Content

- Growing With Family and Friends
 - family structures, functions and roles
 - the life cycle
 - family roles and responsibilities
 - developing and maintaining friendships
- Helping Your Body Grow
 - personal hygiene and grooming;
 - protecting sight and hearing;
 - getting adequate sleep;
 - keeping fit;
 - nutrients in food;
 - healthy eating guidelines;
 - being a wise consumer
- Injury Prevention and First Aid
 - identifying potentially harmful situations
 - safety in the home
 - creating safety guidelines
 - recognizing and responding to emergencies
- Alcohol and Marijuana
 - the physical effects of alcohol
 - social and legal issues with alcohol abuse
 - alcoholism and recovery
 - the physical, social, legal and economic consequences of marijuana use
 - strategies to avoid alcohol and marijuana involvement

Skills: Teachers introduce, reinforce, and provide age-appropriate opportunities to practice the following personal skills in the grade 7 health education program:

- coping
- decision making/ problem solving
- resistance, refusal, and delaying tactics
- verbal and non-verbal communication
- safety and emergency response
- self management and hygiene
- accessing, analyzing, and evaluating
- goal setting
- negotiation, collaboration, and conflict resolution

Curriculum: *Comprehensive Health Education: Grade 7*

Text Program: Glencoe McGraw-Hill *Teen Health, Course 2 (1999)*

For a more detailed content outline and indicators for this program, please see your child's teacher

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