



Wilton Public Schools School Grade 7 Health Education Course Outline

The state mandated health education program is built upon the Connecticut State Healthy and Balanced Living Curriculum Framework which is designed to equip students with the skills necessary to live an active and healthy life. Each student attends approximately 22 classes during one marking period.

The seventh grade course serves to increase the knowledge and skills necessary for students to develop habits required to live a healthy lifestyle. This course encourages students to develop the ability to assess risks and predict consequences in order to make responsible decisions that will enable students to live a high-quality healthy life. Students will develop physically, mentally, and socially by engaging in lessons which address the following topics: decision-making, goal-setting, health related current events, stress & mental wellness, nutrition, basic first aid, communicable & chronic disease prevention including HIV/STD's. Our school resource officer will visit to discuss substances. Guest speakers from The Rowan Center will visit to address sexual harassment and internet responsibilities including sexting and the laws that govern them.

Units/Topics	Students will know:	Students will able to:
Basic First Aid/Injury Prevention <i>Self-management of Healthy Behaviors</i>	Explain the relationship between positive health behaviors and prevention of injury, illness, disease and premature death	Perform basic first aid skills Describe situations when 911 or other supports need to be called
Decision-making for lifelong wellness <i>Decision-making skills</i>	Decision-making process Set goals for lifelong wellness and longevity	Examine the influence of family beliefs, cultural beliefs and social connections on personal health and decision-making
Sexual Health & Sexual Assault &	Students will analyze the influence of family, peers, culture, media, technology and other factors on their sexual health attitudes, behaviors and decisions that impact sexual abuse (harassment) and assault	Analyze positive and negative influence on sexual (peers, media, culture, society, use of alcohol and drugs, internal factors) Describe the positive and negative ways in which

Abuse Prevention & Awareness Accessing Health Information Decision-making skills		<p>technology and social media can impact physical and emotional safety</p> <p>Identify strategies to use technology and social media safely and respectfully, including laws pertaining to the dissemination of intimate images</p>
Human Growth and Development Core Concepts	<p>Describe puberty and human reproduction as it relates to medically accurate comprehensive sexuality education</p>	<p>Describe and analyze the physical, mental, emotional and sexual changes that occur over a lifetime, from birth to death</p>
Nutrition Core Concepts Self-management of healthy behaviors	<p>How to navigate nutrition resources (ex: Myplate.gov)</p> <p>The role of nutrition in chronic disease prevention</p>	<p>Read and understand food labels</p> <p>Analyze the validity of health information and the cost of products and services</p>
Mental Wellness and stress management Self-management of healthy behaviors	<p>Describe the interrelationship of mental, emotional, social and physical health during pre adolescent/adolescence</p>	<p>Apply skills to manage stress</p> <p>Examine personal health status to determine needs</p>
Substance Use/Abuse/Addiction/Recovery Core concepts	<p>Use appropriate strategies to prevent/reduce risks and promote well-being</p>	<p>Identify multiple substances and the way that they affect health and well-being</p>