

Curriculum Map: 7th Grade Health (female)

Course: HEALTH 7 Sub-topic: General

Grade(s): 7

Course Description: This course will provide students with the skills they need to become responsible, confident, compassionate, and healthy students. The course elaborates on the dangers of drug abuse, decision making, coping with challenging emotions, as well as improving relationships. Students in this course will be introduced to the basics of puberty and the reproductive systems. The knowledge and skills they will develop in this course can be applied immediately and in the future to guide them toward a healthy lifestyle.

Unit: Drug Education

Topic: Lesson 1.1 Introduction to Drugs Chart

Minutes for Topic: 41

Unit: Alcohol

Topic: Lesson 2.1 What is Alcohol, Intoxication, and Tolerance

Minutes for Topic: 41

Topic: Lesson 2.2 Short and Long Term Effects of Alcohol

Minutes for Topic: 41

Topic: Lesson 2.3 Binge Drinking and Alcohol Poisoning

Minutes for Topic: 41

Topic: Lesson 2.4 Alcoholism and Fetal Alcohol Syndrome

Minutes for Topic: 41

Topic: Lesson 2.5 Refusal Skills and Why it is Important to Avoid Alcohol

Minutes for Topic: 41

Topic: Lesson 2.6 Review, Summary, and Quiz

Minutes for Topic: 82

Unit: Tobacco

Topic: Lesson 3.1 What is Tobacco, Tobacco Products, Projects

Minutes for Topic: 123

Topic: Lesson 3.2 Dangers of Smoking and Smokeless Tobacco

Minutes for Topic: 41

Topic: Lesson 3.3 Secondhand Smoke and Smoking While Pregnant

Minutes for Topic: 41

Topic: Lesson 3.4 Telling Others about the Dangers of Tobacco

Minutes for Topic: 41

Unit: Marijuana

Topic: Lesson 4.1 What is Marijuana, Legality, and Side Effects

Minutes for Topic: 41

Topic: Lesson 4.2 Medical Uses for Marijuana and How Marijuana Progresses to Harder Drugs

Minutes for Topic: 41

Topic: Lesson 4.3 Review on Tobacco and Marijuana; Test

Minutes for Topic: 82

Unit: Prescription Drugs

Topic: Lesson 5.1 What are Prescription Drugs

Minutes for Topic: 41

Topic: Lesson 5.2 Why Rx Drugs are Dangerous

Minutes for Topic: 41

Unit: Drug Abuse and Violence

Topic: Lesson 6.1 How Abusing Drugs is Related to Violence

Minutes for Topic: 41

Unit: Making Decisions

Topic: Lesson 7.1 Review the 3 C's of Decision Making

Minutes for Topic: 41

Topic: Lesson 7.2 Making Decisions in Challenging Situations

Minutes for Topic: 41

Unit: Media Influences

Topic: Lesson 8.1 Review Media Techniques with Examples

Minutes for Topic: 41

Topic: Lesson 8.2 Analyze Advertisements

Minutes for Topic: 41

Unit: Coping with Challenging Emotions

Topic: Lesson 9.1 What is Mental Illness

Minutes for Topic: 82

Topic: Lesson 9.2 Coping with Anxiety

Topic: Lesson 9.3 Coping with Anger

Minutes for Topic: 41

Unit: Communication Skills and Resolving Conflicts

Topic: Lesson 10.1 Review Parts of Communication

Minutes for Topic: 41

Unit: Social Skills and Relationships

This Curriculum Map Unit has no Topics to display

Unit: Assertiveness and Resisting Peer Pressure

This Curriculum Map Unit has no Topics to display

Unit: Puberty and Reproduction

This Curriculum Map Unit has no Topics to display