

HEALTHFUL LIVING – HEALTH EDUCATION

NORTH CAROLINA ESSENTIAL STANDARDS

MENTAL AND EMOTIONAL HEALTH

7.MEH.1 *Analyze the relationship between healthy expression of emotions, mental health, and healthy behavior.*

- 7.MEH.1.1 Interpret the transition of adolescence, including emotions in flux.
- 7.MEH.1.2 Infer the potential outcome from impulsive behaviors.
- 7.MEH.1.3 Organize resources (family, school, community) for mental and emotional health problems.

7.MEH.2 *Evaluate positive stress management strategies.*

- 7.MEH.2.1 Critique a variety of stress management techniques.
- 7.MEH.2.2 Design a stress management plan that is appropriate for the situation and individual traits and skills.

7.MEH.3 *Apply help-seeking strategies for depression and mental disorders.*

- 7.MEH.3.1 Identify resources that would be appropriate for treating common mental disorders.
- 7.MEH.3.2 Implement strategies to seek help from an adult for self-destructive thoughts or behaviors.

PERSONAL AND CONSUMER HEALTH

7.PCH.1 *Understand wellness, disease prevention, and recognition of symptoms.*

- 7.PCH.1.1 Explain health and academic consequences of inadequate rest and sleep.
- 7.PCH.1.2 Explain environmental, psychological, and social factors affecting excessive sun exposure.

7.PCH.2 *Analyze the immune system in terms of the organs, their functions, and their interrelationships.*

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7.PCH.3 *Evaluate health information and products.*

- 7.PCH.3.1 Recognize health quackery as a false claim for a cure and the ploys quacks use to promote unproven products and services.
- 7.PCH.3.2 Critique misconceptions about health and the efficacy of health products and services.

7.PCH.4 *Analyze necessary steps to prevent and respond to unintentional injury.*

- 7.PCH.4.1 Deconstruct how the interaction of individual behaviors, the environment, and other factors that cause or prevent injuries.
- 7.PCH.4.2 Design plans that reduce the risk of fire-related injuries at home, in school, and in the community at large.
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- 7.PCH.4.4 Create a plan to reduce the risk of water-related injuries.

INTERPERSONAL COMMUNICATION AND RELATIONSHIPS

7.ICR.1 Understand healthy and effective interpersonal communication and relationships.

- 7.ICR.1.1 Contrast characteristics of healthy and unhealthy relationships.
- 7.ICR.1.2 Predict short-term and long-term consequences of violence to perpetrators, victims, and bystanders.
- 7.ICR.1.3 Illustrate strategies that can be used to manage anger in healthy and non-hurtful ways.
- 7.ICR.1.4 Use structured thinking to avoid becoming a perpetrator or victim in cyber-bullying.
- 7.ICR.1.5 Explain why tolerance is beneficial in a society characterized by diversity.
- 7.ICR.1.6 Illustrate the appropriate role of bystanders in preventing and stopping bullying and violence.

7.ICR.2 Remember abstinence outside of marriage from sexual activity as a positive choice for young people.

- 7.ICR.2.1 Explain the effects of culture, media, and family values on decisions related to becoming or remaining abstinent.
- 7.ICR.2.2 Identify the positive benefits of abstinence from sexual activity outside of marriage.

7.ICR.3 Apply strategies that develop and maintain reproductive and sexual health.

- 7.ICR.3.1 Recognize common STDs (including HIV and HPV), modes of transmission, symptoms, effects if untreated, and methods of prevention.
- 7.ICR.3.2 Summarize the safe and effective use of FDA-approved methods of preventing sexually transmitted diseases.
- 7.ICR.3.3 Recognize that sexual harassment may contribute to sexual abuse and sexual assault and the feelings that result from these behaviors.
- 7.ICR.3.4 Use strategies to be safe, reject inappropriate or unwanted sexual advances, and to report incidences to an adult when assistance is needed.

NUTRITION AND PHYSICAL ACTIVITY

7.NPA.1 Apply tools (MyPlate, Food Facts Label) to plan and employ healthy nutrition and fitness.

- 7.NPA.1.1 Use the Dietary Guidelines for Americans to eat nutrient dense foods in moderation.
- 7.NPA.1.2 Analyze Food Facts Labels for nutrients such as proteins, fats, and carbohydrates.

7.NPA.2 Apply strategies to consume a variety of nutrient dense foods and beverages in moderation.

- 7.NPA.2.1 Compare weight management strategies for healthy eating patterns, including attention to portion and serving sizes.
- 7.NPA.2.2 Recall the health benefits of consuming more water.

7.NPA.3 Analyze the relationship of nutrition, fitness, and healthy weight management to the prevention of diseases such as diabetes, obesity, cardiovascular diseases, and eating disorders.

- 7.NPA.3.1 Attribute a positive body image to healthy self-esteem and the avoidance of risky eating behaviors.

7.NPA.4 Apply lifelong nutrition and health-related fitness concepts to enhance quality of life.

- 7.NPA.4.1 Design goals for increasing physical activity and strategies for achieving those goals.
- 7.NPA.4.2 Implement a personal fitness plan that balances caloric intake and expenditure.

ALCOHOL, TOBACCO, AND OTHER DRUGS

7.ATOD.1 *Understand the health risks associated with alcohol, tobacco, and other drug use.*

- 7.ATOD.1.1 Explain the common sequence of substance abuse that leads to serious health risks.
- 7.ATOD.1.2 Explain health risks resulting from injection drug use.
- 7.ATOD.1.3 Predict consequences of abuse of over-the-counter medicines from information provided by the manufacturers of these medicines.
- 7.ATOD.1.4 Explain how drug dependence and addiction create barriers to achieving personal goals.

7.ATOD.2 *Apply risk reduction behaviors to protect self and others from alcohol, tobacco, and other drug use.*

- 7.ATOD.2.1 Use communication strategies to avoid the consequences of tobacco, alcohol, and other drug use.
- 7.ATOD.2.2 Design methods of avoiding the consequences of tobacco, including addiction, by seeking resources for prevention and cessation.