

Expectations and Outcomes

Grade Level/Course: 7-8

Content Area: Health

Unit Title	Guarantees
Unit One: Introduction to Health and Wellness	<ul style="list-style-type: none"> • Assessing health knowledge • Healthy choices • Social norms • Personal health and behavior • Goal Setting • Risk Factors
Unit Two: Emotions, Behaviors, and Communication	<ul style="list-style-type: none"> • Self-esteem • Emotions • Values • Behavior types • Effective communication • Refusal skills
Unit Three: Responsible Decision Making	<ul style="list-style-type: none"> • Decision making • Problem solving • Living with decisions
Unit Four: Stress Management	<ul style="list-style-type: none"> • Stress and its' role • Types of stress • Stress management • Teen suicide
Unit Five: Healthy Relationships	<ul style="list-style-type: none"> • Love vs. infatuation • Dating violence • Conflict resolution • Social media • Bullying
Unit Six: Nutrition and Physical Fitness	<ul style="list-style-type: none"> • Dietary guidelines • Nutrition facts

Unit Title	Guarantees
	<ul style="list-style-type: none"> • Healthy food choices • The six nutrients • Benefits of physical activity • Fitness for life
Unit Seven: Diseases and Disorders	<ul style="list-style-type: none"> • Leading causes of death • STD's • Brain related disorders
Unit Eight: Alcohol, Tobacco and Other Drugs	<ul style="list-style-type: none"> • Drug types • Drug use and abuse • Underage drinking • Drinking and driving • Peer pressure
Unit Nine: Growth and Development	<ul style="list-style-type: none"> • Puberty • Reproductive health • Abstinence • Gender roles • Contraception