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Elective Options
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Health 7

COURSE DESCRIPTION

This course is designed to teach lifetime health and wellness knowledge in order to encourage healthy living for middle school students. Students are taught concepts to value their health and learn skills necessary to handle peer pressure, recognize unhealthy and risky behaviors and how to prevent and avoid them. The course teaches valuable strategies for improving both personal and community health. Students will gain an understanding of the relationships that influence one's health, as well as refusal skills and promotes abstinence as a healthy option for students.

PREREQUISITES

None

REQUIRED MATERIALS

No outside materials required.

COURSE OBJECTIVES

Students will:

- Understand how social, emotional, and physical dimensions of health relate to overall and lifelong wellness.
- Identify the six pillars of character
- Describe positive assertive behaviors that can be used in peer pressure situations.
- Understand the dangers and legal implications of drugs and alcohol
- Describe the elements of basic internet safety and appropriate use of cellphones and social media.
- Be able to identify cyberbullying and gain skills to address it in social situations.
- Understand puberty and adolescent changes in the male and female reproductive systems.
- Describe modes of transmissions for STD's and HIV, their symptoms and risk factors and understand why abstinence is the only 100% effective way in preventing STD's and HIV.

COURSE UNITS

Unit 1: Building Character

Unit 2: Healthy Relationships

Unit 3: Drug Dangers

Unit 4: Dealing with Devices

Unit 5: Future Relationships