

7/26/11

Health Grade 7

26 benchmarks

Standard 1: Knows the availability and effective use of health services, products, and information

HE7.1.1 Knows how to locate and use community health information, products and services that provide valid health information

HE7.1.2 Knows community health consumer organizations and the advocacy services they provide

- American Heart Association
- American Lung Association
- Diabetes Association
- The National Eating Disorders Organization
- American Cancer Association

HE7.1.3 Knows situations that require professional health services

- management of health conditions such as asthma, diabetes, eating disorders, drug and alcohol abuse

Standard 2: Knows environmental and external factors that affect individual and community health

HE7.2.1 Understands how various messages from media impact health practices

HE7.2.2 Understands how peer relationships affect health

- name calling
- prejudice
- exclusiveness
- discrimination
- risk-taking behaviors
- sexual harassment

HE7.2.3 Knows the various possible causes of conflict among youth in schools and communities and strategies to manage conflict

HE7.2.4 Knows how refusal and negotiation skills can be used to enhance health

Standard 3: Understands the relationship of family health to individual health

HE7.3.1 Knows how communication techniques can improve family life

- talking openly and honestly with parents when problems arise

Standard 4: Knows how to maintain mental and emotional health

HE7.4.1 Knows strategies to manage stress and feelings caused by disappointment, separation or loss

- talking over problems with others
- understanding that feelings of isolation and depression will pass
- examining the situation leading to the feelings

HE7.4.2 Knows characteristics and conditions associated with positive self-esteem

HE7.4.3 Knows appropriate ways to build and maintain positive relationships with peers, parents and other adults

- interpersonal communication
- conflict avoidance
- anger management

Standard 6: Understands essential concepts about nutrition and diet

HE7.6.1 Understands how eating properly can help to reduce health risks

- osteoporosis
- heart disease
- cancer
- malnutrition

HE7.6.2 Knows appropriate methods to maintain, lose, or gain weight according to individual needs and scientific research

- balanced diet

HE7.6.3 Knows eating disorders that affect health adversely

- anorexia
- overeating
- bulimia

Standard 7: Knows how to maintain and promote personal health

HE7.7.1 Knows health strength and risks

- results of various personal assessments

HE7.7.2 Knows how positive health practices and appropriate health care can help to reduce health risks

- good personal hygiene
- health screenings
- physical examinations

HE7.7.3 Knows strategies and skills that are used to attain personal health goals

- maintaining an exercise program
- making healthy food choices
- managing stress
- avoiding alcohol, tobacco and drugs

HE7.7.4 Knows how health is influenced by the interaction of body systems

Standard 8: Knows essential concepts about the prevention and control of disease

HE7.8.1 Understands how lifestyle, pathogens, family history, and other risk factors are related to the cause or prevention of disease and other health problems

HE7.8.2 Knows communicable, chronic, and degenerative disease processes and the differences between them

HE7.8.3 Knows transmission process for AIDS and preventative behaviors to reduce risk of infection

Standard 9: Understands aspects of substance use and abuse

HE7.9.1 Knows conditions that may put people at higher risk for substance abuse problems

- genetic inheritability
- substance abuse in family
- low frustration tolerance

HE7.9.2 Knows factors involved in the development of a drug dependency and the early, observable signs and symptoms

- tolerance level
- drug-seeking behavior
- loss of control
- denial

HE7.9.3 Knows the short- and long-term consequences of the use of alcohol, tobacco, and other drugs

- physical consequences such as shortness of breath, cirrhosis, lung cancer, emphysema
- psychological consequences such as low self-esteem, paranoia, depression, apathy
- social consequences such as crime, domestic violence, loss of friends

HE7.9.4 Knows community resources that are available to assist people with alcohol, tobacco and other drug problems

- Alcohol Anonymous, Al-Anon, Alateen
- Smoking cessation program

Standard 10: Understands the fundamental concepts of growth and development

HE7.10.1 Knows strategies for coping with concerns and stress related to the changes that occurs during adolescence

- peer pressure