Grade 7 Health Standards & Benchmarks

by the end of Grade 7

Standard 4 Knows how to maintain mental and emotional health.

1. Knows strategies to manage stress and feelings caused by disappointment, separation, or loss (e.g., talking over problems with others, understanding that feelings of isolation and depression will pass, examining the situation leading to the feelings).

Standard 5 Knows essential concepts and practices concerning injury prevention and safety.

1. Knows how to recognize emergencies and respond appropriately (e.g., completes American Red Cross Standard First Aid/CPR program).
2. Knows basic first aid procedures appropriate to common emergencies in home, school, and community (e.g., proper responses to breathing and choking problems, bleeding, shock, poisonings, minor burns; universal precautions to be taken when dealing with other people's blood).

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

1. Understands how lifestyle, pathogens, family history, and other risk factors are related to the cause or prevention of disease and other health problems.
2. Knows communicable, chronic, and degenerative disease processes and the differences between them.
3. Understands personal rights and responsibilities involved in the treatment of disease (e.g., proper use of medication; the influence of family and culture on the treatment of disease).

Standard 9 Understands aspects of substance use and abuse.

1. Knows conditions that may put people at higher risk for substance abuse problems (e.g., genetic inheritability, substance abuse in family, low frustration tolerance).
2. Knows factors involved in the development of a drug dependency and the early, observable signs and symptoms (e.g., tolerance level, drug-seeking behavior, loss of control, denial).
3. Knows the short and long-term consequences of the use of alcohol, tobacco, and other drugs (e.g., 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).
4. Knows public policy approaches to substance abuse control and prevention (e.g., pricing and taxation, warning labels, regulation of advertising, restriction of alcohol consumption at sporting events).
5. Knows community resources that are available to assist people with alcohol, tobacco, and other drug problems.