7ᵗʰ Grade Health

Topics: Self-image & Identity, Positive Coping Skills Relationships & Communication Skills Culture, Social Media & Cyber Safety

Instructional Focus Two: **Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.** Health is affected by a variety of positive and negative influences within society. This instructional focus focuses on identifying and understanding the diverse internal and external factors that influence health practices and behaviors among youth, including personal values, beliefs, and perceived norms.

Key- N=National Standard, A= Alaska State Standard, L= Local Standard

Standard	Objective	Topic	Examples

N.2.1.1 Examine how the family influences the health of adolescents.	Students will:
	• Examine how family beliefs and culture can form our concept of self- identity starting at birth
	• List how family habits and behaviors assist in the development or lack of development of coping skills
	• Analyze how the family structure and familial communication can drive the development of our own relationships and communication skills as we get older
		Self-Image & Identity
		
		Positive Coping Skills
		
		Relationships & Communication Skills
			• Evaluate the importance of self:
			  – Responsibility
			  – Discipline
			  – Development of self- image and identity
			• How does the family structure influence this?
			• Role-play verbal and non-verbal communication skills in building healthy relationships (i.e., between siblings, parents, peers, adults, elders, ethnic groups, subcultures, etc.)

N.2.8.2 Describe the influence of culture on health beliefs, practices, and behaviors.	Students will: • Define what cultural influences affect health beliefs on topics such as weight and appearance • Identify how cultural influences affect health practices and behaviors such as eating habits, exercise habits, self-image, and perception • Identify how culture influences stereotypes, labeling, negative influences, and victimization	Self-Image & Identity Culture, Social Media & Cyber Safety	• Discuss how cultural influences affect our values which in turn are reflected in behavior (language, online behavior, respect of others, respect of culture, etc.)

N.2.8.3 Describe how peers influence healthy and unhealthy behaviors	Students will: • Identify the components of harassment, bullying, teasing (verbal and non-verbal), gestures, and sexual comments • Analyze how peer groups can influence self-image through verbal and non-verbal communication • Recognize how labeling and stereotyping influence relationships with others • Demonstrate appropriate social skills that show respect, responsibility, acceptance, empathy for others, tolerance and understanding	Self-Image & Identity Relationships & Communication Skills Culture, Social Media & Cyber Safety	• Small group work on components that can influence unhealthy behaviors in victims • Chart healthy and unhealthy peer influence • Discuss ways of developing and maintaining friendships (online and offline), and describe resistance techniques as they relate to peer pressure • Discuss how peers utilize social media in healthy and unhealthy ways • Discuss how peer influences redefine how we build relationships and communicate within those relationships. How does this differ from our familial influences? • Discuss and understand the importance of respecting differences
N.2.8.4 Analyze how the school and community can affect personal health practices and behaviors.	Students will: • Identify ways in which the school and community can help to build positive self-image • Identify components to on-line safety • Identify coping behaviors in dealing with difficult life situations (i.e., divorce, death, rape, abuse, suicide, crisis, break-ups, etc.) and how the school and/or community can assist in building or teaching positive coping strategies trauma, etc.) • Examine and identify friends, acquaintances, and strangers in relationship to on-line personal safety issues • Identify situations that threaten person safety • Discuss unwanted touches	Self-Image & Identity Positive Coping Skills Relationships & Communication Skills Culture, Social Media & Cyber Safety	• Identify and discuss topics related to emotional and mental disorders that the school and community support (eating disorders, emotional disorders, trauma, etc.) • Discuss how the school helps to develop cultural norms (i.e., Capturing Kids' Hearts, social contracts, etc.) • Create a community resource guide that provides assistance for students dealing with these topics. (suicide, trauma, crisis, divorce, rape, abuse, eating disorders, self-harm, substance abuse, etc.) • Identify a support system that includes resource people, safe places, and community resources

N.2.8.5 Analyze how messages from media influence health behaviors.	Students will: • Identify positive and negative media factors that influence self-esteem, body-image, and communication	Self-Image & Identity Culture, Social Media & Cyber Safety	• Evaluate how media in the United States impacts society (body image, sex, substance abuse, language, humor) • Analyze how media can influence peer pressure (fads, clothing, total image, make-up, etc.)
N.2.8.6 Analyze the influence technology has on personal and family health.	Students will: • Analyze the influence social media, cyber-bullying, and technology has on personal and family health	Self-Image & Identity Relationships & Communication Skills Culture, Social Media & Cyber Safety	• Advertisements • Google online medical and health-related help topics and careers • Discuss being "plugged-in" vs. healthy lifestyles and activities
N.2.8.7 Explain how the perceptions of norms influence health and unhealthy behaviors.	Students will: • Identify "codes of conduct" that are understood through peer social interaction • Discuss how these norms can influence behavior and attitude	Self-Image & Identity Relationships & Communication Skills Culture, Social Media & Cyber Safety	• Discussion of perceived social norms and practices and their implications
N.2.8.8 Explain the influence of personal values and beliefs on individual health practices and behaviors.	Students will: • Discuss and analyze the influence of individual values and beliefs on health choices	Self-Image & Identity Culture, Social Media & Cyber Safety	• Examples might include vegan, vegetarian and kosher diets, etc.
N.2.8.9 Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.	Students will: • Analyze situations that could lead to pressure for drinking, smoking, and drugs	Self-Image & Identity Culture, Social Media & Cyber Safety Positive Coping Skills Relationships & Communication Skills	• List and discuss social situations and behaviors that might lead to succumbing to peer pressure and engaging in unhealthy choices
N.2.8.10 Explain how school and public health policies can influence health promotion and disease prevention.	Students will: • Examine the school handbook and/or board policy on health issues • Discuss why the school handbook and/or board policies are in place	Self-Image & Identity Positive Coping Skills Relationships & Communication Skills	• Review the student handbook and school policies relating to health issues

Instructional Focus Four: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. Effective communication enhances personal, family, and community health. This instructional focus focuses on how responsible individuals use verbal and non-verbal skills to develop and maintain healthy personal relationships. The ability to organize and to convey information and feelings is the basis for strengthening interpersonal interactions and reducing or avoiding conflict.

Key- N=National Standard, A= Alaska State Standard, L= Local Standard

Standard	Objective	Topic	Examples
N.4.8.1 Apply effective verbal and nonverbal communication skills to enhance health.	Students will: • Learn positive coping skills and decision-making strategies to overcome negative social situations form peers • Identify and chart their own positive qualities and characteristics. • Analyze how their positive qualities and characteristics contribute to their peers, family, and community relationships.	Positive Coping Skills and Decision Making	• Learn and practice positive self-talk and affirmations (I can, I am, I can be) • Explain how one can effectively be in charge of one's own life, overcoming stereotyping, labeling, negative influences, peer pressure
N.4.8.2 Demonstrate refusal and negotiation skills that avoid or reduce health risks.	Students will: • Identify and demonstrate refusal skills to avoid risky choices. • Identify and demonstrate refusal skills that will help avoid harassment, sexual assault, sexual abuse, and dating violence • Explain affirmative consent	Relationships & Communication Skills Safety& Prevention	• Practice phrases to decline peer pressure (I would rather not, let's do this instead, I am supposed to be home now, etc.) • Discuss family rules and expectations for possible risk behaviors • Alaska Safe Children's Act
N.4.8.3 Demonstrate effective conflict management or resolution strategies.	Students will: • Demonstrate effective peer pressure resistance and negotiation skills to avoid engaging in risky behaviors	Relationships & Communication Skills	• Role-playing
N.3.8.4 Demonstrate how to ask for assistance to enhance the health of self and others	Students will: • Use effective communication skills to ask for assistance from parents, trusted adults, or health providers	Relationships & Communication Skills	• Discuss effective communication methods

Instructional Focus Five: Students will demonstrate the ability to use decision-making skills to enhance health.

Decision-making skills are needed to identify, implement, and sustain health-enhancing behaviors. This instructional focus includes the essential steps that are needed to make healthy decisions as prescribed in the performance indicators. When applied to health issues, the decision-making process enables individuals to collaborate with others to improve their quality of life.

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Standard	Objective	Topic	Examples
N.5.8.1 Identify circumstances that can help or hinder healthy decision making.	Students will: • Identify situations that can positively and negatively impact friendships and relationships • Use critical thinking to examine barriers and list alternatives that lead to healthy decisions	Relationships & Communication Skills	

	Students will:		
N.5.8.2 Determine when health-related situations require the application of a thoughtful decision-making process.	• Apply a decision-making process to avoid potentially dangerous situations	Self-Image & Identity Drugs, Alcohol, Tobacco, Vaping, Cannabis	• Suicide • Self-injury • Eating disorders • Stress • Drug, Alcohol, Tobacco
N.5.8.3 Distinguish when individual or collaborative decision making is appropriate.	• Analyze situations in which it is important to seek help with stress, loss, and unrealistic body image, and depression	Positive Coping Skills	• Family tragedy/death • Suicide • Eating disorder
N.5.8.4 Distinguish between healthy and unhealthy alternatives to health-related issues or problems.	• Analyze the possible consequences of risky hygienic and health behaviors and fads • Discuss why some products are perceived as enhancing health, such as anabolic steroids, diet pills	Self-Image & Identity	• Tattooing • Body piercing • Sun exposure • Sound volume
N.5.8.5 Predict the potential short-term impact of each alternative on self and others.	• Explain how decisions regarding health behaviors have consequences for oneself and others	Culture, Social Media & Cyber Safety	• Positive coping skills • Relationships and communication skills • Culture, social media & cyber safety
N.5.8.6 Choose healthy alternatives over unhealthy alternatives when making a decision.	• List health enhancing activities available in school, community, and homes as alternatives to risky behavior	Self-Image & Identity	
N.5.8.7 Analyze the outcomes of a health-related decision.	• List possible outcomes to various social situations involving the use of alcohol, tobacco, and drugs	Culture, Social Media & Cyber Safety Self-Image & Identity Alcohol, Tobacco	