

**Middle School Health Education
Course: Health Grade 7**

Introduction to Health Unit		
Lesson Number	Lesson Topic	MSDE Standards
1	Wellness Components	<ul style="list-style-type: none"> Explain the interrelationship of the components of wellness. 1a.7.2

Mental and Emotional Health Unit		
Lesson Number	Lesson Topic	MSDE Standards
1	Interpersonal Communication Skill Introduction	<ul style="list-style-type: none"> Standard 4: Interpersonal Communication – Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks
2	Interpersonal Communication Day 2	<ul style="list-style-type: none"> Apply effective verbal and nonverbal communication skills to enhance health. 4.MS.a
3	Conflict & Conflict Resolution	<ul style="list-style-type: none"> Demonstrate effective conflict management or resolution strategies. 4.MS.c
4	Harassment	<ul style="list-style-type: none"> Describe how power and control differences in relationships can contribute to aggression and violence. 1a.7.14 Describe how sharing or posting personal information electronically about self or others on social media sites can negatively impact mental and emotional health. 1a.7.15
5 & 6	Depression Awareness and Suicide Prevention	<ul style="list-style-type: none"> Explain the causes, symptoms, and effects of depression. 1a.7.11 Describe the signs and symptoms of people who are in danger of hurting themselves or others and demonstrate how to tell a trusted adult. 1a.7.12 Explain the causes, symptoms, and effects of depression and suicide. 1a.7.13

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Substance Abuse Prevention Unit		
Lesson Number	Lesson Topic	MSDE Standards
1 & 2	Decision Making Skill Introduction	<ul style="list-style-type: none"> • Standard 5: Decision Making – Students will demonstrate the ability to use decision-making skills to enhance health
3 & 4	Marijuana & Medical Marijuana	<ul style="list-style-type: none"> • Identify the physical effects of alcohol, opioids, nicotine products, marijuana products, and other drugs. 1b.7.2 • Describe the negative consequences of using alcohol, nicotine products, marijuana products, opioids (including the lethal effects of fentanyl), and other drugs. 1b.7.3 • Describe the positive alternatives to using alcohol, opioids, nicotine products, marijuana products, and other trending drugs or substances. 1b.7.4 • Explain why using alcohol, opioids, nicotine products, marijuana products, and other trending drugs or substances is an unhealthy way to manage stress, anxiety, and depression. 1b.7.5 • Determine the benefits of being free from alcohol, opioids, nicotine products, marijuana products, and other drugs. 1b.7.6
5 & 6	Alcohol	
7	Opioids	
8	Vaping	
9	Refusal Skills	
		<ul style="list-style-type: none"> • Demonstrate refusal and negotiation skills to avoid or reduce health risks. 4.MS.b

Disease Prevention and Control Unit		
Lesson Number	Lesson Topic	MSDE Standards
1	Introduction to Communicable/Infectious Disease	<ul style="list-style-type: none"> • Explain the difference between infectious and noninfectious diseases. 1f.6.1 • Summarize ways that common infectious diseases are transmitted. 1f.6.2 • Explain ways to prevent the spread of germs that cause infectious diseases. 1f.6.3 • Explain the benefits of good hygiene practices for promoting health. 1f.7.6
2	Communicable/Infectious Disease Research	<ul style="list-style-type: none"> • Explain the difference between infectious and noninfectious diseases. 1f.6.1 • Summarize ways that common infectious diseases are transmitted. 1f.6.2 • Explain ways to prevent the spread of germs that cause infectious diseases. 1f.6.3 • Explain the benefits of good hygiene practices for promoting health. 1f.7.6

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Safety and Violence Prevention Unit		
Lesson Number	Lesson Topic	MSDE Standards
1 & 2	Consent	<ul style="list-style-type: none"> Explain why individuals have the right to refuse sexual contact. 1d.7.3
3	Abuse	<ul style="list-style-type: none"> Identify power differences in relationships between potential abusers and their victims. 1d.7.10 Identify a source of support that a student can go to if they or someone they know is being sexually mistreated, groomed, harassed, abused, assaulted, or exploited. 1d.7.11 Analyze laws, policies, and consequences related to sexual mistreatment, grooming, harassment, abuse, assault, exploitation, and human trafficking that are designed to protect young people. 1d.7.12

Family Life and Human Sexuality Unit		
Lesson Number	Lesson Topic	MSDE Standards
1 & 2	Reducing the Risks (Sexting)	<ul style="list-style-type: none"> Summarize the negative consequences of sending sexually explicit pictures or messages by e-mail or cell phone or posting sexually explicit pictures on social media sites. 1c.7.18
3	Understanding Gender Stereotypes	<ul style="list-style-type: none"> Identify strategies for respecting individual differences in sexual growth and development, or physical appearance. 1c.7.8
4	Puberty	<ul style="list-style-type: none"> Describe the physical, social, and emotional changes that occur during puberty. 1c.5.3 Summarize that the onset and progression of puberty varies considerably. 1c.5.4
5	Female Reproductive System	<ul style="list-style-type: none"> Describe human reproductive systems including medically accurate names for internal and external genitalia and their functions. 1c.7.9 Describe menstruation, fertilization, and implantation. 1c.7.10
6	Male Reproductive System	<ul style="list-style-type: none"> Describe human reproductive systems including medically accurate names for internal and external genitalia and their functions. 1c.7.9
7 & 8	Human Reproduction	<ul style="list-style-type: none"> Describe menstruation, fertilization, and implantation. 1c.7.10
9 & 10	Sexually Transmitted Infections	<ul style="list-style-type: none"> Identify ways to prevent pregnancy, including not having sex and effective use of contraceptives, including condoms. 1c.7.11 Describe ways sexually active people can reduce the risk of HIV, and other STIs. 1c.7.12 Identify solo, vaginal, anal, and oral sex along with possible outcomes of each. 1c.7.13 Describe how the effectiveness of condoms can reduce the risk of HIV, and other STIs. 1c.7.14
11	Abstinence	<ul style="list-style-type: none"> Identify ways to prevent pregnancy, including not having sex and effective use of contraceptives, including condoms. 1c.7.11

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Healthy Eating Unit		
Lesson Number	Lesson Topic	MSDE Standards
1	MyPlate	<ul style="list-style-type: none"> • Explain why the recommended amount of food and food group portions vary by individual. 1e.7.1 • Summarize a variety of nutritious food choices for each food group. 1e.7.2 • Explain the benefit of nutritious foods and the idea that “all foods fit.” 1e.7.3
2	Nutrients	<ul style="list-style-type: none"> • Explain the benefit of nutritious foods and the idea that “all foods fit.” 1e.7.3 • Summarize the benefits of limiting the consumption of trans fat, saturated fat, added sugar, and sodium. 1e.7.6
3	Dietary Guidelines	<ul style="list-style-type: none"> • Summarize the benefits of limiting the consumption of trans fat, saturated fat, added sugar, and sodium. 1e.7.6
4 & 5	Body Image & Eating Disorders	<ul style="list-style-type: none"> • Explain the importance of a positive body image and its implications for mental and physical wellness. 1a.7.16 • Identify the signs of disordered eating. 1a.7.17 • Explain the potential mental and physical consequences of disordered eating and why it is important to seek professional help. 1a.7.18