

## Rocky Hill Public Schools

# CURRICULUM GUIDE FOR PARENTS FOR SEVENTH GRADE HEALTH

The purposes of this document are as follows:

***To inform parents of the general nature and key concepts covered in this class.***

***To act as a guide to parents in providing supportive assistance to a child's school program.***

### **COURSE DESCRIPTION**

In seventh grade, students are introduced to a number of social, emotional and physical health topics.

Content includes

- Kindness
- Understanding and tolerating differences
- Empathy
- Bullying
- Internet safety
- Abuse (physical, sexual, emotional)
- Values
- Substance abuse prevention (nicotine, alcohol and other drugs)
- Growth and Development (puberty, male and female anatomy, menstruation, sexual intercourse, fetal growth and development)
- Communicable Diseases (bacterial, viral and fungal)
- HIV/AIDS (modes of transmission, myths and facts)
- First Aid (choking, signs of stroke, CPR)

Health education is a critical component of a student's well rounded education. The grade seven health curriculum provides students with a foundation for a lifetime of health, wellness and character development. The grade seven health curriculum focuses on the following areas: Social and emotional health, substance abuse and growth and development.

**Social/Emotional Health:** Students will demonstrate ways to communicate care, empathy, respect and responsibility for others without bias, bullying, discrimination or harassment based on, but not limited to, race, color, sex, religion, national origin, sexual orientation, intellectual ability or physical disability. Students will learn the importance of kindness, respect for differences and empathy.

**Substance Abuse:** Students will understand the short and long term consequences of using tobacco and alcohol. Students will learn about other drugs in society and how they impact the physical and social well being of a person. Students will analyze how media, technology and other factors influence personal health behaviors.

**Growth and Development:** Students will learn about the changes that occur to both males and females during puberty. Students will learn how pregnancy occurs as well as the life cycle of a fetus. Students will identify and discuss causes, modes of transmission, symptoms and prevention methods of communicable and non-communicable diseases (e.g. HIV/AIDS, COVID, heart disease, cancer). Students will explore the benefits and risks of vaccines in the prevention of communicable diseases.