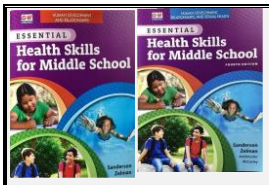
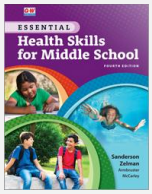
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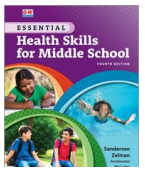


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to West Virginia Department of Education
Course: Middle School Health Education Grades 7

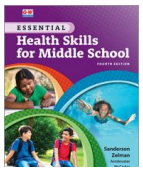


Wellness Education – Grade 7
All West Virginia teachers are responsible for classroom instruction that integrates content standards, learning skills, and technology. The goal of the seventh-grade health education program of study is to address important social, emotional, and physical changes adolescents face. Topics of discussion provide opportunities for students to practice decision making, communication skills, and goal setting. Students develop strategies to reduce risks and enhance personal health and wellness. The goal of the physical education program of study at the seventh grade level is to continue to develop specialized skills, offer new opportunities to explore recreational activities and lifetime fitness activities, and build on wellness and social skills previously introduced. During this critical time period, changes due to maturation and growth affect the students' skill level as they adjust to physical changes. Social development is an important part of the physical education curriculum.

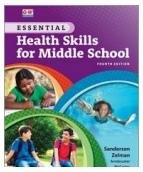
Standard		Correlating Text Pages
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WE.7.1	List the six essential nutrients; determine their sources and functions.	**Instruction**: 125 Figure 3.1.1 Six Types of Nutrients 126 Lesson 3.1-1 Carbohydrates 126 Dietary fiber 126 Lower Cholesterol, Improves digestion, Reduces Overeating 126 Figure 3.1.2 Simple & Complex Carbohydrates 127 Lesson 3.1-2 Proteins 127 Figure 3.1.3 Oatmeal -Fiber 128 Types of Protein 128 Figure 3.1.4 Protein's Role in the Body 128 Figure 3.1.5 Types of Protein Sources 129 Proteins and Vegetarians 129 Figure 3.1.6 Types of Vegetarians 129 Lesson 3.1-3 Fats 129 Types of Fats 129 Saturated, Unsaturated, Trans Fats 130 Figure 3.1.7 Fats in Your Diet 131 Figure 3.1.8 Types and Functions of Vitamins 132 Figure 3.1.9 Types and Functions of Minerals 133 Lesson 3.1-5 Water 133 Dehydration 133 Figure 3.1.10 Water **Application**: 124 Essential Question 127 Reading Checkpoint #1, #3 129 Reading Checkpoint #1 130 Reading Checkpoint #1 132 Reading Checkpoint #1



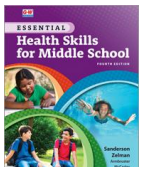
Standard		Correlating Text Pages
		133 Reading Checkpoint #1 134 Critical Thinking #1, Develop Your Skills #1
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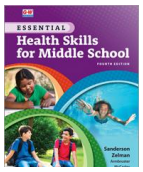
Standard		Correlating Text Pages
		24 Obstetrician/Gynecologist (OG/GYN) 25 **Lesson 8.3**-3 Prenatal Development and Pregnancy **Application:** 23 Reading **Checkpoint 8.3**-1 24 Reading **Checkpoint 8.3**-2 27 Reading **Checkpoint 8.3**-3 28 **Lesson 8.3** Summary, Critical Thinking, Develop Your Skills
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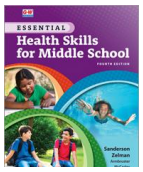
Standard		Correlating Text Pages
		139 Reading and Notetaking Activity 142 Case Study - Aparna Chooses Abstinence 144 Reading Checkpoint #1 150 Develop Your Skills #3
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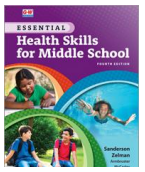
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		304 Reading Checkpoint 5.4-4 305 Critical Thinking #1-2, Develop Your Skills #1-3 306 Essential Question, Reading and Notetaking Activity 309 Case Study - Mateo's Risky Behavior 310 Reading Checkpoint #1-3 316 Reading Checkpoint 5.5-2
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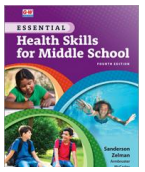
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		266 Influences on Substance Use 289 The Myths and Facts of Vaping 322 Figure 5.6.3 Analyzing Advertisements 323 Figure 5.6.4 Ad Restrictions 350 Staying Safe on the Internet 351 Figure 6.2.4 Examples of Personal Information 352 Staying Safe on Social Media 353 Figure 6.2.5 Thinking Before You Post **Application**: 17 Building Your Skills - The Power of Social Media to Inspire 21 Reading and Notetaking Activity 31 Reading Checkpoint #1-2 58 Building Your Skills - Health in the Media 144 Building Your Skills - Making Healthy Food Choices 150 Case Study - Theo's Taste in Food 266 Reading Checkpoint #1-2 267 Building Your Skills - Making Healthy Decisions 268 Develop Your Skills #2 294 Develop Your Skills #2 305 Critical Thinking #2 317 Develop Your Skills #2 318 Reading and Notetaking Activity 294 Develop Your Skills #1 320 Building Your Skills - Addiction Prevention 346 Essential Question, Reading and Notetaking Activity 350 Case Study - Brianna's Social Media Challenge 353 Reading Checkpoint #1-3
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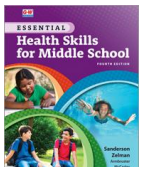
	Standard	Correlating Text Pages
		400 Figure 7.1.9 Common Sources of Conflict *See Supplemental Human Development and Relationships and/or Human Development, Relationships, and Sexual Health* 43 Lesson 9.1-1 What Is Violent Behavior 43 Figure 9.1.1 Risk Factors for Violent Behavior 44 **Lesson 9.1**-2 Bullying and Cyberbullying 45 Bullying, Harassment, Stalking, and Hazing 45 Figure 9.2.2 Forms of Bullying 45 Figure 9.1.3 Why Does Bulling Happen 47 Figure 9.1.4 What Is Cyberbullying 48 **Lesson 9.1**-3 Consequences of Bullying and Cyberbullying 48 Figure 9.1.5 Signs of Bullying or Cyberbullying 49 How to Spot Cyberbullying 50 **Lesson 9.1**-4 Strategies for Responding to Bullying and Cyberbullying 52 **Lesson 9.1**-5 Bullying and Cyberbullying Prevention 52 Figure 9.1.7 Build Your Confidence 53 Figure 9.1.8 Think Before you Post 58 **Lesson 9.2**-2 Sexual Harassment 59 **Lesson 9.2**-3 Preventing and Responding to Sexual Harassment 61 **Lesson 9.2**-4 Sexual Assault 61 Figure 9.2.5 Examples of Sexual Assault 62 Figure 9.2.6 Impacts of Sexual Assault on Health 63 **Lesson 9.2**-5 Preventing and Responding to Sexual Assault 64 Supporting Survivors of Sexual Assault 73 Elder Abuse 79 **Lesson 9.4**-1 School Violence 84 Figure 9.4.5 What is Suspicious Activity **Application**: 42 Reading and Notetaking Activity 47 Reading **Checkpoint 9.1** -2 50 Reading **Checkpoint 9.1** -3 51 Reading **Checkpoint 9.1** -4 53 Reading **Checkpoint 9.1** -5 54 Develop Your Skills #1 64 Reading **Checkpoint 9.2**-5
WE.7.9	Explain the importance of respecting individual differences.	*See Supplemental Human Development and Relationships and/or Human Development, Relationships, and Sexual Health*



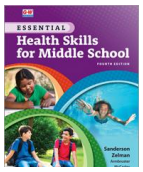
Standard		Correlating Text Pages
		Instruction: 4 **Lesson 8.1-2** Human Development 5 Influences on Development 5 Differences in Development 5 Disability 5 Figure 8.1.3 Factors that Influence Development 6 Figure 8.1.4 Differences in Development 6 Respecting Differences **Application**: 2 Essential Question, Reading and Notetaking Activity 6 Reading **Checkpoint 8.1**-2
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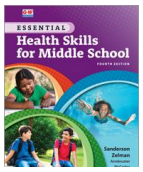
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WE.7.12	Examine the influence of the family on the health of adolescents (e.g., smoking, drinking, drug use, meal plans).	**Instruction:** 404 Lesson 7.2 Family Relationships 405 Functions of Family Relationships 405 Figure 7.2.1 Diverse Family Structures



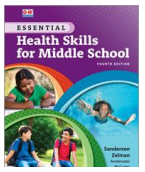
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		406 Meet mental and Emotional Needs 406 Educate and Socialize Children 406 Traditions 407 Figure 7.2.3 Socialization 407 Lesson 7.2-2 Families and Community 407 Figure 7.2.4 Healthy Relationships 409 Lesson 7.2-3 Relationships with Parents or Guardians 409 Common Issues in Relationships with Parent or Guardians 409 Figure 7.2.5 Young People want more Freedom, Independence, and Responsibility 410 Maintaining Healthy Relationships with Parents or Guardians 410 Figure 7.2.6 Discussing Family Rules 412 Figure 7.2.7 Compromise 412 Lesson 7.2-5 Changes in Family Relationships 413 Strategies for Coping with Change **Application**: 404 Essential Question, Reading and Notetaking Activity 407 Reading Checkpoint 7.2-1 408 Reading Checkpoint 7.2-2 408 Case Study - Luca and His Uncle Julian 413 408 Reading Checkpoint 7.2-5 414 Critical Thinking #2, Develop Your Skills #3
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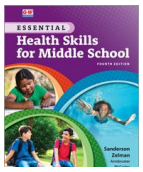
Standard		Correlating Text Pages
		21 Reading and Notetaking Activity 31 Reading Checkpoint 1.3-5 34 Critical Thinking #2
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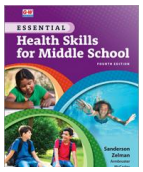
Standard		Correlating Text Pages
		31 Figure 1.3.9 Communicating Health Information - Advocate **Application**: 21 Reading and Notetaking Activity 31 Reading Checkpoint #1-2 34 Critical Thinking #2
Cluster	**Communication**	
WE.7.17	Analyze effective verbal and non-verbal communication skills (e.g., body language, restating, individual/group conversation).	**Instruction:** 22 Lesson 1.3-1 Making Healthy Decision 23 Figure 1.3.1 The Decision Making Process 23 Lesson 1.3-2 Setting Achieving Goals 24 Figure 1.3.2 Setting SMART Goals 25 Lesson 1.3-3 Using Refusal Skills 25 Figure 1.3.3 Tips for Resisting Pressure 391 Figure 7.1.3 Examples of Interpersonal Skills 392 Lesson 7.1-3 What is Communication? 392 Verbal Communication 393 Figure 7.1.4 The Communication Process 393 Nonverbal Communication 394 Figure 7.1.5 Nonverbal Communication 394 Communication Styles 395 Figure 7.1.6 Passive, Aggressive, or Assertive 396 Building Your Skills- Be Assertive 397 7.1-4 Ways to Communicate Effectively 397 Use Active Listening 397 Figure 7.1.7 Key Steps to Active Listening 398 Clearly Express Your Needs and Preferences 398 Use I-Statements 398 Watch Your Nonverbal Communication 398 Figure 7.1.8 Turning You Statements into I Statements 399 Use Online Communication Wisely 399 Lesson 7.1-5 Conflict Resolution Skills 400 Negotiation 401 Figure 7.1.10 Negotiation Process 402 Mediation **Application**: 388 Essential Question, Reading and Notetaking Activity 390 Reading Checkpoint 7.1-1 392 Reading Checkpoint 7.1-2 396 Building Your Skills - Be Assertive 397 Reading Checkpoint 7.1-3 399 Reading Checkpoint 7.1-4 403 Lesson 7.1 Summary, Critical Thinking, Develop Your Skills #1



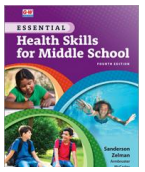
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WE.7.18	Analyze the effectiveness of a variety of positive coping mechanisms/conflict resolution skills (e.g., peer mediation, non-violent strategies to deal with upset feelings and difficult situations).	**Instruction:** 398 Watch Your Nonverbal Communication 398 Figure 7.1.8 Turn You-Statements into I-Statements 398 Use Online communication Wisely 399 Lesson 7.1-5 Conflict Resolution Skills 400 Negotiation 400 Figure 7.1.9 Common Sources of conflict 401 Figure 7.1.10 Negotiation Process 401 Figure 7.1.11 Thinking about what you say 402 Mediation **Application**: 397 Reading Checkpoint 7.1-3 402 Reading Checkpoint 7.1-5 403 Lesson 7.1 Summary, Critical Thinking, Develop Your Skills #1
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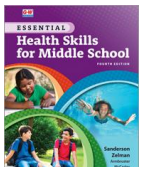
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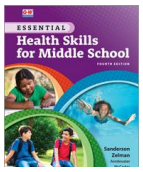
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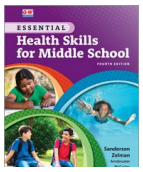
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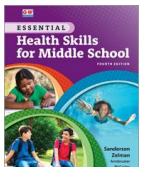
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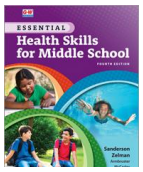
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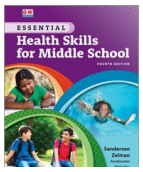
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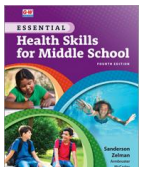
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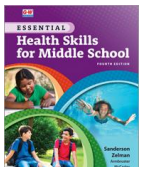
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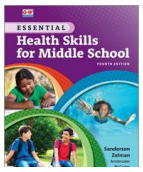
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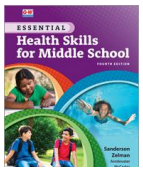
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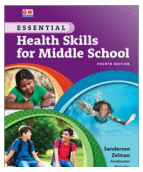
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WE.7.35	Identify causes, signs and symptoms, prevention and treatment strategies for eating disorders and self-harm.	**Instruction:** 36 Lesson 3.2-1 Guidelines for Forming a Healthy Eating Pattern 136 US Department of Agriculture (USDA) and Health and Human Services (HHS) 136 Figure 3.2.1 Key Concepts Promoted by the Dietary Guideline 140 3.2-3 Malnutrition 140 Fad diets 141 Eating Disorders 141 Undernutrition



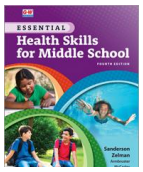
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