

Diocese of Jefferson City Curriculum Guide

Content Area: Health
 Grade Range: Seventh Grade
 Section/Heading: 7A.2

Strand: Personal Health and Safety

Diocesan Standard Terra Nova Objective	Benchmark Statement
Personal Health and Safety	Identify the personal responsibility for safety strategies.

Performance Indicators		
1. Distinguish between situations requiring first aid and/or emergency services. <ul style="list-style-type: none"> a. Demonstrate ability to control bleeding and care for muscle, bone and joint injuries. b. Identify the signals of sudden illness including poisoning, burns, seizures, heat and cold emergencies and how to care for them. 2. Demonstrate safety procedures in a laboratory setting.		
Suggested Activities	Assessment	Resources

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Content Area: Health
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 Section/Heading: 7B.1

Strand: Substance Abuse and Use

Diocesan Standard Terra Nova Objective	Benchmark Statement
Substance Abuse and Use	Understand aspects of substance abuse and use.

Performance Indicators		
<ol style="list-style-type: none"> 1. Know conditions that may put people at higher risk for substance abuse problems (genetic inheritability, substance abuse in family, low frustration tolerance). 2. Know factors involved in the development of a drug dependency and the early, observation signs and symptoms (tolerance level, drug-seeking behavior, loss of control, denial). 3. Know short and long term consequences of the use of alcohol, tobacco and other drugs. 4. Know public policy approaches to substance abuse control and prevention (pricing, taxation, warning labels, regulation of advertising, restriction of consumption). 5. Know community resources that are available to assist people with alcohol, tobacco, and other drug problems. 		
Suggested Activities	Assessment	Resources

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Content Area: Health
 Grade Range: Seventh Grade
 Section/Heading: 7C.1

Strand: Consumer Health

Diocesan Standard Terra Nova Objective	Benchmark Statement
Consumer Health	Know the availability and effective use of health services, products and information.

Performance Indicators		
<ol style="list-style-type: none"> 1. Distinguish between reliable and questionable sources of consumer health information. 2. Identify ways individuals can protect themselves from unsafe or fraudulent health products and services. 		
Suggested Activities	Assessment	Resources

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Content Area: Health
 Grade Range: Seventh Grade
 Section/Heading: 7D.1

Strand: Health and Disease Prevention

Diocesan Standard Terra Nova Objective	Benchmark Statement
Health and Disease Prevention	Know how to maintain and promote personal health.

Performance Indicators		
<ol style="list-style-type: none"> 1. Describe how myths and inaccurate information hinder understanding and application of disease prevention and control measures. 2. Define “public health” and explain how public health agencies assist interrupting the spread of disease and preventing disease from occurring. 3. Analyze personal daily living habits that increase the risk of developing disease and devise a plan for a healthier lifestyle. 		
Suggested Activities	Assessment	

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 Section/Heading: 7E.1

Strand: Environment and Community

Diocesan Standard Terra Nova Objective	Benchmark Statement
Environment and Community	Understand environmental and external factors that affect individual and community health.

Performance Indicators		
<ol style="list-style-type: none"> 1. Compare the cost of prevention of disease and accidental injuries with the cost of treatment. 2. List ways in which daily living patterns protect the damage of the environment. 		
Suggested Activities	Assessment	Resources

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Content Area: Health
 Grade Range: Seventh Grade
 Section/Heading: 7F.1

Strand: Mental Health

Diocesan Standard Terra Nova Objective	Benchmark Statement
Mental Health	Know how to maintain mental and emotional health.

Performance Indicators		
<ol style="list-style-type: none"> 1. Recognize the most common mental health problems of the student’s age group and give examples of each (depression, isolation, anxiety, loneliness, low self-esteem). 2. Recognize the events that affect one’s mental health and give possible ways of dealing with them constructively (divorces, finances, death, family, illness, changing schools). 		
Suggested Activities	Assessment	Resources

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 Section/Heading: 7G.1

Strand: Nutrition

Diocesan Standard Terra Nova Objective	Benchmark Statement
Nutrition	Understand essential concepts about nutrition and diet.

Performance Indicators		
<ol style="list-style-type: none"> 1. Identify eating disorders (anorexia, obesity) as serious health problems. 2. Evaluate popular snack items given the reality that snacking has become an important part of our daily food intake. 		
Suggested Activities	Assessment	Resources