

Human Growth and Development  
Grade 7 Health  
Student Lessons/Achieve Goals

**Topic 1**

Goals:

**Starting Out**

- Introduce the course and establish ground rules
- Identify and affirm positive personal qualities, and developmental assets and link self-esteem with the topic of human sexuality
- Identify ways to be respectful and inclusive.

**Topic 3**

Goals:

**Self-Concept and Body Image**

- Describe the physical, social, cognitive, and emotional changes of adolescence.
- Analyze how friends, family, media, society, and culture can influence self-concept and body image.

**Topic 4**

Goals:

**Adolescent Changes**

- Promote an understanding of physical changes in puberty.
- Understanding reproductive systems.
- Create routines for maintaining good health.

**Topic 5**

Goals:

**Making Choices**

- Understand there are a variety of choices in most situations
- Consider personal values and possible consequences of choices
- Differentiate between human, non-human, biased and unbiased resources

**Topic 6**

Goals:

**Healthy Relationships**

- Explore effective ways to communicate with peers and adults
- Develop individual/family guidelines regarding dating/friendships to promote positive growth and development

## **Topic 7**

Goals:

### **Saying NO**

- Recognize various aspects of sexual pressure
- Explore positive and negative risk taking situations in order to make healthy choices

## **Topic 8**

Goals:

### **Pregnancy and Birth**

- Promote understanding of fetal growth and development
- Describe the signs and symptoms of pregnancy
- Reflect on the impact of a pregnant person's health behaviors and fetal development

## **Topic 9**

Goals:

### **Goal Setting/Planning for the Future**

- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks
- Apply strategies and skills needed to attain a personal health goal
- Develop a goal to adopt, maintain, or improve a personal health practice.

## **Topic 10**

Goals:

### **Teenage Pregnancy**

- Understand the consequences of teenage pregnancy
- Understand choices (adoption, single parenting, marriage) and the challenges of each choice.
- Understand the challenges of teenage parenthood.
- Understand Shaken Baby Syndrome (SBS) is abusive head trauma

## **Topic 11**

Goals:

### **Taking Chances**

- Understand STIs/STDs are a possible consequence of sexual activity
- Identify abstinence as the only 100% effective preventive measure.
- Describe the signs, symptoms, and potential impacts of STIs/STDs
- Understand effective ways to reduce STIs/STDs.
- Understand the importance of medical treatment

## **Topic 12**

Goals:

### **Power of Touch**

- Understand the difference between positive and abusive touch
- Identify self-protection strategies to protect against abuse
- Demonstrate clear communication about personal boundaries
- Identify resources for assistance if personally or friend has experienced abuse