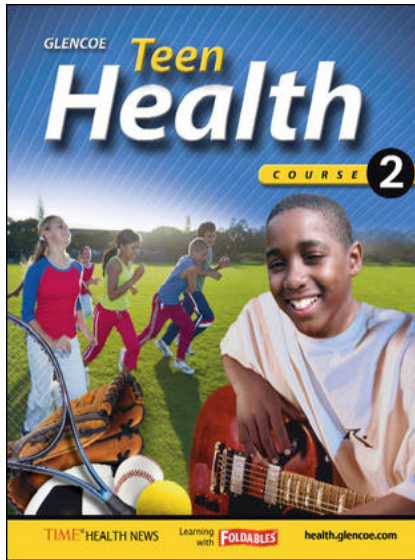




**Glencoe**

Voluntary State Curriculum – Health Education  
Grade 7



# Teen Health

**COURSE 2**

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STANDARDS	PAGE REFERENCES
<p>1.0 Mental and Emotional Health – Students will demonstrate the ability to use mental and emotional health knowledge, skills, and strategies to enhance one's self-concept and one's relationship with others.</p>	
<p><b>A. Mental and Emotional Health</b></p>	
<p><b>1. Recognize and apply effective communication skills.</b></p>	<p><b>Student Edition:</b> 15, 175-177 <i>Building Health Skills</i> 194-195 <i>Lesson 1 Review</i> 177 #7 <b>Teacher Wraparound Edition:</b> AL 176; BHS 194-195; HSP 175, 204</p>
<p><b>6. Recognize the nature of conflict and conflict resolution.</b></p>	<p><b>Student Edition:</b> 202-205, 206-210 <i>Building Health Skills</i> 222-223 <i>Chapter 7 Assessment</i> 226-227 #1-6, #13-15 <i>Health Online</i> 207 <i>Health Skills Activity</i> 209 <i>Lesson 2 Review</i> 210 <i>Quick Write</i> 202, 206 <i>Time Health News</i> 224 <b>Teacher Wraparound Edition:</b> BHS 222-223; HO 207; HSA 209; HSP 207; PCSH 208; QW 202, 206; RS 208; THN 224</p>

STANDARDS		PAGE REFERENCES
2.0	Alcohol, Tobacco, and Other Drugs - Students will demonstrate the ability to use drug knowledge, decision-making skills, and health enhancing strategies to address, the nonuse, use, and abuse of medications, alcohol, tobacco, and other drugs.	
A. Alcohol, Tobacco, and Other Drugs		
1. Explain the effects of marijuana use.	<p><b>Student Edition:</b> 305-306, 312-314 <i>Figure 10.2</i> 312</p> <p><b>Teacher Wraparound Edition:</b> AL 306; CT 313; RS 312</p>	
2. Identify and apply tobacco use prevention strategies.	<p><b>Student Edition:</b> 246-247 <i>Building Health Skills</i> 256-257 <i>Health Skills Activity</i> 234, 250, 254 <i>Lesson 3 Review</i> 247 #5</p> <p><b>Teacher Wraparound Edition:</b> AL 232; BHS 256-257; HSA 234, 250, 254; WS 245</p>	
3. Identify long and short- term effects of alcohol on the body.	<p><b>Student Edition:</b> 266-269, 275 <i>Figure 9.1</i> 266 <i>Figure 9.2</i> 267</p> <p><b>Teacher Wraparound Edition:</b> AL 267, 268; HL 267; HSC 266; RS 267; WS 268; WTWK 268</p>	
5. Identify factors that influence alcohol use.	<p><b>Student Edition:</b> 278-279 <i>Media Watch</i> 279 <i>Quick Write</i> 278</p> <p><b>Teacher Wraparound Edition:</b> HSP 280; MW 279; QW 278</p>	

STANDARDS		PAGE REFERENCES
3.0	Personal and Consumer Health - Students will demonstrate the ability to use consumer knowledge, skills, and strategies to develop sound personal health practices involving the use of health care products, services, and community resources.	
A. Personal and Consumer Health		
1. Demonstrate the ability to access, describe, and evaluate health information, products, and services in order to become health literate consumers.		<b>Student Edition:</b> 11-12, 341-344 <i>Building Health Skills</i> 256-257 <i>Developing Good Character</i> 284 <i>Figure 11.7</i> 343 <i>Health Skills Activity</i> 245, 250, 269, 314, 342, 425 <i>Lesson 4 Review</i> 251 #7 <i>Media Watch</i> 117, 246 <i>Quick Write</i> 340  <b>Teacher Wraparound Edition:</b> AL 311, 343; CT 341; DGC 284; HL 342, 425; HSC 313, 473; HSA 245, 250, 269, 313, 342, 425; HSP 11, 12; MW 117, 246; QW 340; RS 341, 343; TH 254; WS 342; WTWK 12
4.0	Family Life and Human Sexuality – Students will demonstrate the ability to use human development knowledge, social skills, and health enhancing strategies to promote positive relationships and health growth and development throughout the life cycle.	
A. Family Life and Human Sexuality		
1. Describe how family members influence the development of adolescents.		<b>Student Edition:</b> 150, 180-181 <i>Figure 6.2</i> 180 <i>Quick Write</i> 178  <b>Teacher Wraparound Edition:</b> AL 180; QW 178; RS 180
2. Examine the elements that contribute to family structure.		<b>Student Edition:</b> 178-179 <i>Developing Good Character</i> 181 <i>Figure 6.1</i> 179  <b>Teacher Wraparound Edition:</b> DGC 181; RS 179

STANDARDS		PAGE REFERENCES
5.0	Safety and Injury Prevention - Students will demonstrate the ability to apply prevention and intervention knowledge, skills, and processes to promote safe living in the home, school, and community.	
	A. Safety and Injury Prevention	
1. Demonstrate the ability to respond appropriately to situations that do not require emergency services.	<p><b>Student Edition:</b>            472-474, 475-479, 486-492  <i>Developing Good Character</i> 473  <i>Figure 15.3</i> 478  <i>Health Skills Activity</i> 491  <i>Lesson 1 Review</i> 474 #4-6  <i>Quick Write</i> 486</p> <p><b>Teacher Wraparound Edition:</b>            AL 477, 488, 490; APK 475; CT 476; DGC 473;            HL 487, 490, 491; HSA 491; HSP 477, 489;            QW 486; RS 473, 478; WTWK 477, 489</p>	
2. Recognize contributors to harassment and intimidating behaviors.	<p><b>Student Edition:</b>            187, 213  <i>Figure 6.5</i> 187  <i>Figure 7.2</i> 213</p> <p><b>Teacher Wraparound Edition:</b>            RS 187, 213; WS 213</p>	
6.0	Nutrition and Fitness - Students will demonstrate the ability to use nutrition and fitness knowledge, skills, and strategies to promote a healthy lifestyle.	
	A. Nutrition and Fitness	
1. Explain the role of nutrients.	<p><b>Student Edition:</b>            104-107  <i>Connect to Science</i> 105</p> <p><b>Teacher Wraparound Edition:</b>            AL 106, 107; CS 105; RS 105; UA 105; WTWK 106</p>	
2. Explain the relationship among food intake, physical activity, and weight management.	<p><b>Student Edition:</b>            108-109, 112-113  <i>Figure 4.3A &amp; 4.3B</i> 113</p> <p><b>Teacher Wraparound Edition:</b>            AL 108; HL 108; RS 113; UA 113</p>	
3. Examine the media for messages that impact body image.	<p><b>Student Edition:</b>            128-129, 150  <i>Quick Write</i> 128</p> <p><b>Teacher Wraparound Edition:</b>            DSI 341; QW 128; UA 150</p>	

STANDARDS	PAGE REFERENCES
<p><b>4. Apply the Dietary Guidelines for Americans in meal planning.</b></p>	<p><b>Student Edition:</b>            116-119  <i>Figure 4.4</i> 117  <i>Health Online</i> 119  <i>Health Skills Activity</i> 120  <i>Lesson 3 Review</i> 121 #6  <i>Quick Write</i> 116</p> <p><b>Teacher Wraparound Edition:</b>            AL 118, 119; HL 120; HSA 120; HSP 107; QW 116;            RS 117, 119; UA 118</p>
<p><b>5. Illustrate the Physical Activity Pyramid as it relates to their own physical activity level.</b></p>	<p>The following references discuss creating your own fitness plan and can be used to help meet this standard.</p> <p><b>Student Edition:</b>            77-83</p>
<p><b>11. Identify and construct a personal weight management plan.</b></p>	<p><b>Student Edition:</b>            134-135  <i>Figure 4.3A &amp; 4.3B</i> 113  <i>Figure 4.9</i> 134  <i>Lesson 3 Review</i> 121 #6  <i>Lesson 6 Review</i> 135 #3</p> <p><b>Teacher Wraparound Edition:</b>            HL 107, 113; RS 113, 134</p>
<p><b>12. Identify and define various kinds of eating disorders.</b></p>	<p><b>Student Edition:</b>            132-133  <i>Connect to Social Studies</i> 133  <i>Lesson 6 Review</i> 135 #1, #2, #5, #7</p> <p><b>Teacher Wraparound Edition:</b>            CT 132; CSS 133; HL 133; HSP 132; PCSH 132</p>
<p><b>13. Evaluate internal and external influences that may lead to eating disorders.</b></p>	<p><b>Student Edition:</b>            114-115, 129</p> <p><b>Teacher Wraparound Edition:</b>            HL 129; HSP 134</p>
<p><b>14. Develop a personal healthy eating plan to meet recommended nutrient levels.</b></p>	<p><b>Student Edition:</b>  <i>Figure 4.3A &amp; 4.3B</i> 113  <i>Lesson 3 Review</i> 121 #6</p> <p><b>Teacher Wraparound Edition:</b>            HL 113; HSP 107; RS 113; TH 107</p>

STANDARDS	PAGE REFERENCES
7.0 Disease Prevention and Control - Students will demonstrate the ability to apply prevention and treatment knowledge, skills, and strategies to reduce susceptibility and manage disease.	
A. Disease Prevention and Control and HIV.	
10. Recognize and describe symptoms, effects on the body, treatment, and prevention of Sexually Transmitted Infections -STI's. ( syphilis, gonorrhea, chlamydia, Herpes , Genital Warts)	<p><b>Student Edition:</b>  422-425  <i>Figure 13.5</i> 423  <i>Health Online</i> 424  <i>Health Skills Activity</i> 425  <i>Lesson 5 Review</i> 426 #3, #7  <i>Quick Write</i> 422</p> <p><b>Teacher Wraparound Edition:</b>  AL 423; APK 422; CT 424; HL 423; HO 424;  HSA 425; QW 422; RS 423; WTWK 424</p>