



MENDHAM TOWNSHIP COMPREHENSIVE HEALTH CURRICULUM

GRADE 7

Health Curriculum

- I. Personality, Emotions and Decision Making
 - A. Identifying your personality traits 2181A1-2
 - B. Understanding and expressing feeling and emotions 218A1-2
 - C. Exploring the concept of self-image and ways it can be strengthened 218A1,3 218E1
 - D. Understanding decision making steps and their applications 228B1
 - E. Coping skills for stress (causes, effects and management)218E3-4
 - F. Dealing with peer pressure 228B2
 - G. Identifying triggers of anger and anger management skills 218E2
 - H. Analyzing personalities of bullies and victims, and ways to deal with bullies 218E2

- II. Fitness and Nutrition
 - A. Exploring “fad” diets 218B2
 - B. Exploring “fad” exercise equipment and media gimmicks 218B2 218A3
 - C. Understanding proper nutrition 218B3
 - D. Analyzing food labels 218B4
 - E. Eating disorders 218B1
 - F. Body image 218B1

- III. Safety and First aid
 - A. Exploring basic first aid techniques for emergencies 218D1-4
 - 1. Assessing victims and activating EMS
 - 2. Choking (Heimlich Maneuver)
 - 3. Severe bleeding
 - 4. Shock
 - 5. Astham
 - 6. Insect bites
 - 7. Head injuries
 - 8. Broken bones/sprains
 - 9. Poisoning
 - 10. Burns

- IV. Alcohol, Tobacco and Other Drugs
 - A. Prescription and OTC drugs 238A1-2
 - B. Understanding the concept of addiction 238C1 238C2
 - C. Social implication of drug abuse 238B2,4
 - D. Dangers of drugs and their effects on the body 238B1
 - 1. Alcohol 238B5-6
 - 2. Tobacco 238B3
 - 3. Steroids 238B8
 - E. Advertising and drugs 238B4
 - F. Refusal skills 228A2
 - G.

Note: The numbers in parentheses indicate the grade level by which the New Jersey Core Curriculum Content Standard listed must be addressed.



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Family Life Curriculum

- V. Growth and Development
 - A. Male reproductive system 248B1
 - 1. Review of the male anatomy
 - 2. Physiological changes to the male body with growth
 - B. Female reproductive system 248B1
 - 1. Review of the female anatomy
 - 2. Physiological changes to the female body with growth
 - 3. Menstruation
 - 4. Sanitary products 218A4
 - 5. Menopause
 - C. Endocrine System 248B1
 - 1. Initiation of physical changes leading to manhood and womanhood
 - 2. Influence of systems on appearance, growth, body function and mental and emotional behavior
 - D. Puberty 248B1
 - 1. Physical and emotional changes
 - 2. Coping with change
- VI. Personal Hygiene
 - A. Hormonal changes and skin care 218A4
 - 1. Sweat glands and perspiration (deodorant, daily cleansing)
 - 2. Acne
- VII. Sexual Harassment
 - A. Strategies to prevent victimization 248B5, 228C3
- VIII. Sexual Abuse
 - A. Strategies to prevent victimization 248B5 228C3
- IX. Communicable Diseases
 - A. Infectious mononucleosis 218C1
 - B. Hepatitis 218C1-2
 - C. Sexually, transmitted infections 218C1
- X. HIV / AIDS / STDs 218C1