

# A Guide to the Colorado Academic Standards



## Working Together

To support families and teachers in realizing the goals of the Colorado Academic Standards, this guide provides an overview of the learning expectations for seventh grade comprehensive health and offers some possible learning experiences students may engage in during this school year.

## Why Standards?

Created by Coloradans for Colorado students, the Colorado Academic Standards provide a grade-by-grade road map to help ensure students are ultimately successful in college, careers, and life. The standards aim to improve what students learn and how they learn in ten content areas, emphasizing critical-thinking, creativity, problem solving, collaboration, and communication as important life skills in the 21st century.

## Comprehensive Health for Middle Schools (6-8)

The comprehensive health standards in grades six through twelve focus on enhancing and strengthening skills in the areas of physical, emotional and social wellness and using those individual skills in family, school and community environments. In each grade the standards ask students to deepen their understanding of ways to set and maintain healthy relationships and continue to investigate healthy eating/living habits, positive communication strategies, effective decision-making, and ways to ensure personal and community safety.

## Where can I learn more?

- Contact your school district regarding local decisions related to standards, curriculum, resources, and instruction.
- Colorado Academic Standards Booklets: <http://www.cde.state.co.us/standardsandinstruction/GradeLevelBooks.asp>
- Phyllis Reed, Comprehensive Health and Physical Education Content Specialist at 720-498-2059, [Reed\\_p@cde.state.co.us](mailto:Reed_p@cde.state.co.us)



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# At the end of Seventh Grade, students can...



Comprehensive Health

Seventh Grade



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## Comprehensive Health Learning Expectations for Seventh Grade

### Physical and Personal Wellness

Demonstrate the ability to make healthy food choices in a variety of settings and analyze the internal and external factors that influence eating behaviors; develop positive decision-making skills around sexual activity; compare and contrast healthy and unhealthy relationships (family, peer, and dating); define sexually transmitted diseases (STD's), human immunodeficiency virus (HIV), and acquired immunodeficiency deficiency syndrome (AIDS).

### Emotional and Social Wellness

Develop self-management and communication skills to appropriately express feelings and to manage stress.

### Prevention and Risk Management

Demonstrate safety procedures for a variety of situations; analyze and synthesize the consequences of using/abusing alcohol, tobacco, and other drugs.

## Throughout the Seventh Grade, you may find students...

- Explaining how human immunodeficiency virus (HIV) is transmitted and its possible effects on the body.
- Utilizing active listening skills as well as demonstrating effective communication skills to express individual/personal needs and boundaries.
- Developing and practicing strategies to deal with stress.
- Evaluating internal and external influences (media, social media) on personal body image and analyzing the impact these influences can have on eating disorders.
- Accessing and assessing valid and reliable information regarding safety precautions for severe weather and/or trauma-related emergencies.
- Describing how personal, family, and cultural beliefs and values can inform decision-making around all forms of mental/social and physical health.
- Examining the effects of alcohol, tobacco, and other drugs on an individual's physical, mental and emotional well-being.