
NORTHWEST TERRITORIES

School Health Program

GRADE 7



Northwest
Territories

Education, Culture and Employment
Health and Social Services

August, 1996

MENTAL AND EMOTIONAL WELL BEING

GRADE 7

LESSON NO.	THEME	CONCEPT	OBJECTIVES
			Students will be able to:
1	SELF- AWARENESS	Self-concept is how people feel about themselves	i) define self-concept ii) identify the factors that influence self-concept iii) identify characteristics of people with good and poor self-concept
2	SELF- AWARENESS	A positive self-concept is important in daily living	i) identify ways to enhance self-concept ii) design a personal program to enhance self-concept iii) evaluate the effectiveness of the program
3	RELATIONSHIPS	Effective communication is important in a relationship	i) identify skills involved in initiating, maintaining and concluding a conversation ii) practise initiating, maintaining and concluding a conversation
4	RELATIONSHIPS	Effective communication is important in a relationship	i) identify what criticism is ii) identify constructive and destructive criticism iii) identify the results of criticism
5	RELATIONSHIPS	Effective communication is important in a relationship	i) identify ways of giving and receiving criticism ii) practise giving and receiving constructive criticism

GROWTH AND DEVELOPMENT

GRADE 7

LESSON NO.	THEME	CONCEPT	OBJECTIVES
			Students will be able to:
1	BODY SYSTEMS	The skin supports and protects the body	i) describe the general characteristics of the skin ii) describe the structure of the skin iii) describe the functions of the skin iv) state the importance of the skin
2	BODY SYSTEMS	The skin supports and protects the body	i) describe common problem conditions and their causes related to the skin ii) describe ways to care for the skin iii) demonstrate proper skin care
3	DISEASE PREVENTION	Many health problems in adolescents can be prevented	i) identify common health problems of adolescents ii) describe ways to prevent common adolescent health problems
4	PHYSICAL FITNESS	Physical fitness is essential for optimal health	i) define physical fitness ii) identify the components of physical fitness
5	PHYSICAL FITNESS	Physical fitness is essential for optimal health	i) describe the benefits of being physically fit ii) describe ways in which each fitness component can be developed
6	PHYSICAL FITNESS	Physical fitness is essential for optimal health	i) assess their personal physical fitness levels ii) describe the structure of a well-planned physical fitness program iii) participate in a well-planned fitness program

FAMILY LIFE

GRADE 7

LESSON NO.	THEME	CONCEPT	OBJECTIVES
1	FAMILIES	Families make important decisions about the roles and responsibilities of members	Students will be able to: i) identify decisions which are made within the family ii) identify family decisions that affect the roles and responsibilities of its members
2	HUMAN DEVELOPMENT AND REPRODUCTION	Reproduction ensures the continuation of new life	i) identify the structure and function of the male reproductive system ii) identify the structure and function of the female reproductive system
3	HUMAN DEVELOPMENT AND REPRODUCTION	The development of reproductive cells is a normal occurrence in puberty	i) explain the process of menstruation ii) identify personal hygiene practices related to menstruation iii) explain the process of sperm development iv) identify personal hygiene practices related to the male reproductive system
4	HUMAN DEVELOPMENT AND REPRODUCTION	Human life begins with the union of an ovum and a sperm	i) explain the processes involved in the development of new life
5	TEEN DECISIONS	Adolescents make important decisions related to their own sexuality	i) explain the reasons for and against sexual involvement by young people ii) identify the advantages and disadvantages of sexual abstinence for young adolescents iii) explain why sexual abstinence is a responsible choice for young adolescents
6	TEEN DECISIONS	There are risks and consequences to maternal and child health related to adolescent pregnancy	i) identify the risks and consequences to maternal and child health related to adolescent pregnancy

7	TEEN DECISIONS	Effective use of assertiveness skills can help adolescents deal with sexual pressures	<ul style="list-style-type: none"> i) demonstrate the steps in the refusal process ii) describe assertive responses that allow a person to say 'No' to sexual pressure iii) explain how assertiveness skills can help adolescents deal with sexual pressure
8	SEXUALLY TRANSMITTED DISEASES	Sexually transmitted diseases are serious communicable diseases that can be prevented	<ul style="list-style-type: none"> i) define sexually transmitted diseases ii) identify the causes, characteristics, consequences, treatment and prevention of chlamydia iii) identify the causes, characteristics, consequences, treatment and prevention of gonorrhoea
9	ABUSE PREVENTION	Sexual assault is a criminal offence	<ul style="list-style-type: none"> i) define sexual assault ii) distinguish between fact and fiction on sexual assault iii) describe the consequences of assault and sexual assault for the victim and the offender iv) identify behaviours that help prevent sexual assault
10	LIFESTYLE	Positive lifestyle practices promote health	<ul style="list-style-type: none"> i) identify positive lifestyle practices that promote healthy sexuality and family relationships ii) design a personal program to promote healthy sexuality and family relationships iii) evaluate the effectiveness of the program

NUTRITION

GRADE 7

LESSON NO.	THEME	CONCEPT	OBJECTIVES
			Students will be able to:
1	FOOD CLASSIFICATION	The NWT Food Guide recommends variations in the number of daily servings	i) identify the recommended numbers of daily servings for different age groups ii) identify factors that influence variations in number of servings
2	FOOD SELECTION	Family needs and preferences influence the planning and preparation of nutritious meals	i) identify some criteria to use in menu planning for people of different ages ii) design a variety of daily menus that reflect the needs of different family members
3	FOOD CONSUMERISM	Many factors influence consumer food decisions	i) explain how advertising affects food choices ii) identify various factors that influence food choices of consumers
4	FOOD CONSUMERISM	Food additives are chemicals that are put in food for a variety of reasons	i) describe what is meant by a food additive ii) list some food additives and their functions iii) explain the advantages and disadvantages of food additives
5	FOOD APPRECIATION	A willingness to experience foods with few additives promotes food appreciation and health	i) plan and prepare a meal based on the NWT Food Guide using food items with few additives ii) demonstrate a willingness to experience meals with few additives

DENTAL HEALTH

GRADE 7

LESSON NO.	THEME	CONCEPT	OBJECTIVES
1	FACTORS AFFECTING DENTAL HEALTH	There are a variety of dental emergencies which require appropriate first aid treatment	Students will be able to: i) describe a variety of dental emergencies and the appropriate first aid treatments
2	DENTAL DISEASE	Dental health problems of children and youth are treatable and preventable	i) describe common dental health problems of children and youth ii) describe causes, characteristics, consequences, treatment and prevention of nursing bottle mouth

SAFETY AND FIRST AID

GRADE 7

LESSON NO.	THEME	CONCEPT	OBJECTIVES
1	BABYSITTING	Babysitting is a serious responsibility and requires knowledge and preparation	Students will be able to: i) list responsibilities of a babysitter ii) give examples of childhood injuries iii) identify safety rules to prevent common childhood injuries iv) outline how to handle emergencies while babysitting v) demonstrate first aid for spinal injuries
2	BABYSITTING	Different ages require different activities and communication	i) identify some age appropriate child care routines and play activities ii) identify and demonstrate age appropriate ways of interacting with children
3	FIREARMS SAFETY	Safe handling and storage of firearms and ammunition prevents injuries and death	i) research and report on the new Canadian gun law ii) describe the effects of the new gun law on different lifestyles in the NWT
4	FIREARMS SAFETY	Safe handling and storage of firearms and ammunition prevents injuries and death	i) identify appropriate uses of firearms ii) identify safe storage of firearms and ammunition iii) identify behaviour around firearms to prevent injuries and death
5	OUTDOOR SAFETY	Adherence to firearms safety rules and laws is the best method of injury prevention	i) identify safety rules and laws governing firearms ii) illustrate firearms safety rules
6	FIRST AID	First aid can minimize the injuries from burns	i) name four causes of burns ii) explain safety rules to follow that prevent injuries iii) describe the signs, symptoms and possible complications of burns iv) demonstrate first aid for burns caused by heat, corrosive chemicals, electricity and radiation
7	FIRST AID	Poisoning requires immediate first aid to minimize the injuries	i) describe the common causes of poisoning ii) list the four questions to ask to determine the history of a poisoning emergency iii) demonstrate first aid for poisoning

SAFETY AND FIRST AID

GRADE 7

LESSON NO.	THEME	CONCEPT	OBJECTIVES
8	FIRST AID	It is important to recognize that some allergic reactions can be life threatening and to apply first aid	Students will be able to: i) explain what an allergic reaction is ii) discuss the different types of allergies and their reactions iii) describe the signs and symptoms of allergic reactions iv) explain first aid for an allergic reaction
9	LIFESTYLE	There are different organizations and professionals who are valuable for personal safety and first aid	i) identify organizations and professionals who train and deliver safety programs on snowmobiles, ATVs, boats, on the land survival, babysitting, firearms and first aid
10	LIFESTYLE	Positive safety and first aid lifestyles practices save lives and minimize the effects of injuries	i) design a personal safety and first aid program ii) evaluate the effectiveness of the program

ALCOHOL AND OTHER DRUGS

GRADE 7

LESSON NO.	THEME	CONCEPT	OBJECTIVES
1	DRUGS	A drug is anything that is put into the body that makes it work differently.	i) identify the various methods of taking drugs ii) explain the three types of dosages re: taking drugs
2	DRUGS	DRUGS (INCLUDING ALCOHOL, TOBACCO AND SOLVENTS) ARE PREVALENT IN SOCIETY TODAY	i) describe the prevalence of drug use in society ii) identify the different categories of drugs iii) identify why people choose to either use or not use drugs
3	DRUGS	TRADITIONAL MEDICINE IS A NATURAL METHOD OF HEALING	i) identify how natural medicines were used by people throughout time ii) describe the importance of traditional medicines
4	ALCOHOL	THERE ARE DIFFERENT TYPES OF ALCOHOL WITH DIFFERENT USES	i) describe why alcohol is a drug ii) explain the uses for the different types of alcohol
5	ALCOHOL	ALCOHOL PASSES THROUGH DIFFERENT PARTS OF THE BODY	i) explain how alcohol passes through the body
6	ALCOHOL	THERE ARE MANY FACTORS WHICH AFFECT THE METABOLISM OF ALCOHOL	i) identify the factors which affect the absorption rate of alcohol ii) identify the four stages in the metabolism of alcohol
7	ALCOHOL	DRINKING ALCOHOL HAS SHORT AND LONG TERM EFFECTS ON THE BODY	i) identify some short-term effects of drinking alcohol ii) identify some long-term effects of drinking alcohol
8	ALCOHOL	THERE ARE REASONS WHY SOME PEOPLE DRINK AND SOME PEOPLE DO NOT	i) identify reasons why some people drink alcohol and some people do not drink alcohol ii) demonstrate the ability to use the decision-making process in particular simulated situations which involve the drinking of alcohol
9	CANNABIS	CANNABIS IS A DRUG THAT IS ABUSED	i) identify cannabis as an illegal drug ii) describe how cannabis enters and passes through the body iii) examine their attitudes regarding the use of cannabis

LESSON NO.	THEME	CONCEPT	OBJECTIVES
10	SOLVENTS	SOLVENT ABUSE HAS SHORT AND LONG TERM EFFECTS ON THE BODY	<ul style="list-style-type: none"> i) identify some short-term effects of solvent abuse ii) identify some long-term effects of solvent abuse
11	WELL-BEING	PEER PRESSURE, ROLE MODELS AND ASSERTIVE SKILLS WILL INFLUENCE A PERSON'S DECISION ABOUT DRUG USE	<ul style="list-style-type: none"> i) explain how peer pressure can influence decisions about drug use ii) demonstrate ways of resisting peer pressure with regard to drug use
12	WELL-BEING	PEER PRESSURE, ROLE MODELS AND ASSERTIVE SKILLS WILL INFLUENCE A PERSON'S DECISION ABOUT DRUG USE	<ul style="list-style-type: none"> i) describe the importance of role models for youth with regard to decisions about drugs ii) identify individuals who are positive role models in their school, community and country