



Turner USD 202 Middle School Health Grade 7



Content Area: Consumer Health			
Standard/s	Benchmark	Priority	Instructional Example
3	The students will comprehend adolescent health care product information.	2	Create map and list of stores close to students' homes for them to purchase health care products.
Content Area: Environmental Health			
Standard/s	Benchmark	Priority	Instructional Example
1	The students will know their personal responsibility for community environmental issues.	3	Students will research and present information on: <ul style="list-style-type: none"> • personal responsibility for community environmental issues • reduce, reuse, recycle, and alternatives • types and effects of pollution • environmental influences on health • local and state environmental issues • laws, ordinances, and policies
1	The students will know how to reduce, reuse, recycle, and alternatives.	3	
1	The students will know the types and effects of pollution.	3	
1	The students will know environmental influences on health.	3	
1	The students will know local and state environmental issues.	3	
1	The students will know laws, ordinances, and policies.	3	
Content Area: Human Sexuality and Relationships			
Standard/s	Benchmark	Priority	Instructional Example
8	The students will synthesize and evaluate changes during puberty.	1	Students will create a timeline of body changes from early years up to a young adulthood.
5	The students will apply refusal skills.	2	Students will role play and act out proper refusal skills.
4	The students will apply responsible behaviors within relationships (communication, abstinence, etc.).	1	Students will examine given scenarios and choose correct responsible behavior within each scenario.
2	The students will comprehend potential outcomes of sexual activity.	2	Categorize curable versus non-curable STI's/STD's and will describe the effects each has on the body.
1	The students will know laws associated with sexual behaviors (consent, harassment, assault, rape, etc.).	3	Define Kansas law with sexual behaviors regarding consent, harassment, assault and rape.



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Content Area: Injury Prevention and Safety			
Standard/s	Benchmark	Priority	Instructional Example
7	The students will comprehend prevention for sports, physical activity, and recreation related injury.	2	Students will create a PowerPoint presentation over prevention for sports, physical activity, and recreation related injury.
7	The students will apply prevention skills and respond appropriately to mental violence (bullying and abuse)	2	Students will a presentation via posters, power point, prezi, etc. over prevention skills to respond appropriately to mental violence, social violence, and media safety.
2	The students will analyze prevention and responses to social violence (relationships, conflict resolution, and cyber)	1	
2	The students will analyze media safety (social media, cyber, TV, music, advertising, etc.).	1	
Content Area: Mental and Emotional Health			
Standard/s	Benchmark	Priority	Instructional Example
4	The students will identify and synthesize the importance of expressing emotions in a productive and healthy manner.	1	Students will examine given scenarios and choose correct responsible behavior within each scenario.
5	The students will comprehend stress management and coping skills.	2	Students will use a graphic organizer to compare and contrast stress management and coping skills in different situations.
5	The students will comprehend coping with loss and grief.	2	
2	The students will analyze characteristics of healthy and unhealthy relationships.	1	Students will identify characteristics of different relationship examples given and then categorize those characteristics into healthy versus an unhealthy relationship.
2	The students will comprehend the relationship between body image and self-esteem.	1	Students will journal and self-reflect on body image and how it effects their self-esteem through various prompts provided.



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Content Area: Nutrition			
Standard/s	Benchmark	Priority	Instructional Example
1	The students will know eating disorders/dysfunctions.	3	Students will view a diagram and identify different eating disorders and functions.
2	The students will comprehend factors in weight control.	2	Students will read, research, and create a list of factors in weight control, listing factors in eating habits and exercise habits.
Content Area: Personal Health			
Standard/s	Benchmark	Priority	Instructional Example
3	The students will know proper adolescent hygiene habits.	1	Students will memorize proper hygiene habits and highlight the habits they will adopt or have already adopted.
8	The students will synthesize and evaluate the purpose, examples, and benefits of daily exercise.	1	Students will create a poster advocating for the importance of daily exercise as well as give examples of exercises any individuals can complete.
4	The students will identify positive relationships.	2	Students will examine given scenarios and choose correct responsible behavior within each scenario.
1	The students will know recommended sleep amounts.	3	Students will research recommended sleep amounts.