



Recommended 7th Grade Curriculum Framework

Content: Health Education – Grade 7						
Topic: Mental Illness (Weeks 8-9)						
Content (What do your students need to KNOW?)	Demonstrators (What do your students need to be able to DO?)	Assessment (How will you assess what your students ALREADY KNOW, and assess WHAT THEY'VE LEARNED?)	Activities (HOW will you teach it?)	Resources (What MATERIALS will you need?)	Differentiation (How will you reach the DIVERSITY of learners?)	Literacy Connection (How will you use READING and WRITING with this material?)
<p>PL-M-1.7.1 Symptoms and causes of mental illnesses (e.g., depression, anxiety) vary with the individual.</p> <p>PL-M-1.7.2 There are consequences and risks of behavioral choices (e.g., tobacco, alcohol, and other drug use; sexual involvement; violent behaviors) and alternatives to situations faced by adolescents.</p> <p>PL-M-1.7.3 Resources (e.g., guidance counselors, drug counselors, parents, teachers) are helpful for an individual seeking treatment of drug addiction.</p> <p>PL-M-1.7.4 Effects of eating disorders (e.g., heart failure, weight changes, kidney failure, hair loss, nervousness) indicate a need for counseling.</p>	<p>Mental Wellness AE 2.32 Students demonstrate strategies for becoming and remaining mentally and emotionally healthy.</p> <p>DEMONSTRATORS</p> <ul style="list-style-type: none"> Analyze and apply strategies for achieving and maintaining self-esteem. Examine and modify nonconstructive expressing of emotions. Investigate methods of prevention, intervention and treatment of mental and emotional disorders. Use strategies to manage stress. Apply interpersonal relationship skills which contribute to emotional wellness. <p>POS Describe possible consequences of risk-taking actions (e.g., smoking, drinking, other drug use).</p>					



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	<p>POS Identify causes and effects of emotional disorders and addictive habits.</p> <p>POS Describe symptoms of mental illness (e.g., depression, anxiety).</p> <p>POS Explain the importance of preventing eating disorders (e.g., anorexia, bulimia, overeating).</p> <p>POS Develop strategies for overcoming rejection, loss, and grief.</p> <p>POS Develop coping strategies to use with increasing peer pressure.</p> <p>POS Describe how short and long-term goals are interrelated.</p> <p>POS Evaluate health behaviors and attitudes of peers.</p>					