

HEALTH EDUCATION DEPARTMENT

HEALTH EDUCATION: GRADE 7 HEALTH

The Department's Educational Philosophy

Health education at the Raymond J. Grey Junior High School promotes the resiliency of its adolescent students. Health educators facilitate lessons that encourage positive decision-making with regard to physical, mental and social health. Students are challenged to examine both short- and long-term effects of health-related decisions. This knowledge is not only important for one's own personal health, but also to assume a role in educating his/her peers. The ultimate goal is for adolescents to act independently in promoting their own health, seek resources when necessary and contribute to public health issues.

Guiding Principles

- Evaluate progressively challenging health concepts
- Assess risky behaviors and consider outcomes
- Communicate concerns about personal health issues and seek resources
- Promote safe and healthy habits within a variety of social environments
- Utilize a collaboration of school services that promote health

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Course Frequency: Every other day for half a quarter during the first half of the year, 10-12 sessions. Then the students return the second half of the year, and the course meets again every other day for half a quarter, 10-12 sessions.

Credits Offered: N/A, Pass/Fail grade

Prerequisites: None

Background to the Curriculum

This course was developed by the Raymond J. Grey Jr. High School Health Education Department as part of seventh grade physical education. The course was reviewed by a health advisory committee. The Massachusetts Comprehensive Health Curriculum Framework (1999) was used as a guide for course revision. Students are taken out of Physical Education classes to participate in Health.

Core Topics/Questions/Concepts/Skills

- Acquisition of knowledge through discussion and research
- Evaluation of health resources
- Decision making to promote resiliency
- Evaluation of outcomes for behavior
- Interpersonal communication skills
- Use of multi-media for presentation of health information

Materials and Resources

Botvin, Gilbert J. Life Skills Training. NJ: Princeton Health Press Inc., 2000.

Choosing Health. High School, Body Image, CA: ETR Associates.

Committee for Children, Second Step: A Violence Prevention Curriculum for Middle School/Junior High. WA: Seattle, 1997.

Fetro, Joyce V. Personal and Social Skills. CA: ETR Associates, 1992.

Getchell, Leroy H., Phippen, Grover D., and Varnes, Jill W. Perspectives on Health. MA: D. C. Health and Company.

Kreidler, William J. Conflict Resolution in Middle School. MA: Educators for Social Responsibility, 1994.

Jackson, Tom. Still More Activities That Teach. Utah: Red Rock Publishing.

Super Size Me. Educationally Enhanced Version, Hart Media, 2005.

The Truth About Marijuana. NY: Sunburst, A Houghton Mifflin Company.