

## **7<sup>TH</sup> GRADE HEALTH POWER STANDARDS**

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- I can describe the interrelationships of emotional, intellectual, physical, and social health in adolescence.
- I can analyze how the environment affects personal health.
- I can describe how family history can affect personal health.
- I can describe how peers influence healthy and unhealthy behaviors.
- I can analyze how messages from media influence health behaviors.
- I can describe situations that may require professional health services.
- I can apply effective verbal and nonverbal communication skills to enhance health.
- I can demonstrate refusal and negotiation skills that avoid or reduce health risks.
- I can demonstrate effective conflict management or resolution strategies.
- I can demonstrate how to ask for assistance to enhance the health of self and others.
- I can distinguish between healthy and unhealthy alternatives to health-related issues or problems.
- I can demonstrate behaviors to avoid or reduce health risks to self and others.
- I can demonstrate how to influence and support others to make positive health choices.
- I can work cooperatively to advocate for healthy individuals, families, and schools.