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23-24 Grade 7 Health Pacing Guide

4.0 Target	3.0 Target	T1	T2	T3
Personal Health and Wellness				
Students have multiple ways to demonstrate extension. For more information or to see a scoring rubric, contact your child's teacher.	Explain the relationship between physical, mental/emotional, and social health in determining an individual's level of wellness.	X		
Students have multiple ways to demonstrate extension. For more information or to see a scoring rubric, contact your child's teacher.	Examine factors that influence self-esteem.	X		
Does Not Extend	Analyze situations that are considered sexual harassment.	X		
Students have multiple ways to demonstrate extension. For more information or to see a scoring rubric, contact your child's teacher.	Explain behaviors/choices that may increase/decrease risks to one's health.	X	X	X
Mental/Emotional Health				
Students have multiple ways to demonstrate extension. For more information or to see a scoring rubric, contact your child's teacher.	Identify possible stressors in one's life and strategies on how to manage them.		X	
Students have multiple ways to demonstrate extension. For more information or to see a scoring rubric, contact your child's teacher.	Explain the short-term/long-term effects of stress on physical, mental/emotional, and social health.		X	
Does Not Extend	Recognize the symptoms of depression as a treatable condition that may precede suicide.		X	
Does Not Extend	Apply the ACT technique (Acknowledge, Care, Tell) to a variety of real life scenarios.		X	
Substance Abuse				
Students have multiple ways to demonstrate extension. For more information or to see a scoring rubric, contact your child's teacher.	Analyze the effects of drug use, misuse, and abuse on health status.			X
Consumer Health				
Does Not Extend	Evaluate the reliability of health-related information			X
Students have multiple ways to demonstrate extension. For more information or to see a scoring rubric, contact your child's teacher.	Explain some effects on the body and the environment of substances found in electronic cigarettes.			X
Conventions				
Does Not Extend	Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing.	X	X	X