



Bedford Public Schools

Grade 7 – Life Skills

This course builds on the previous year focusing on personal responsibility, wellness, and healthy decision-making. Students will learn about family violence/abuse awareness, substance abuse prevention, nutrition, body image, eating disorders, and human growth and reproduction. Students will have a better understanding of how their personal lives are impacted by their decision-making. This is a graded course with 3 project requirements.



Learning Expectations

[Abuse](#)

[Body Image](#)

[Drug Abuse](#)

[Nutrition Unit](#)

[Human Growth/Reproduction](#)

Abuse

Enduring Understandings In order to meet the standards, the students will need to understand that . . .	Essential Questions In order to understand, students will need to consider questions such as . . .	Knowledge and Skills Learning this material will require students to . . .
<ul style="list-style-type: none">• Students will be able to recognize if a friend is in need of help.• Students will be aware of the help resources that are available to them.	<ul style="list-style-type: none">• Why is abusive behavior still prevalent in our society?• How/why do individuals become abusers?• Will a program ever exist to eliminate abuse completely?	<ul style="list-style-type: none">• Identify the different types of abuse.• Identify the difference between abuse and neglect.• Identify a mandated reporter and understand the process of reporting suspected abuse.

Body Image

Enduring Understandings In order to meet the standards, the students will need to understand that . . .	Essential Questions In order to understand, students will need to consider questions such as . . .	Knowledge and Skills Learning this material will require students to . . .
<ul style="list-style-type: none"> • How physical appearance and changes in the body effect self-concept and esteem • Describe a healthy diet and adequate physical activity during the adolescent growth spurt. • Understand the media's role in self-image and the misperceptions of body image 	<ul style="list-style-type: none"> • Why, in our society, are eating disorders so prevalent today? • How does the media effect your self-image? 	<ul style="list-style-type: none"> • Identify the difference between anorexia and bulimia. • Identify signs of an eating disorder. • Identify help resources for someone with an eating disorder. • Identify healthy eating practices and basic nutrition and exercise.

Drug Abuse

Enduring Understandings In order to meet the standards, the students will need to understand that . . .	Essential Questions In order to understand, students will need to consider questions such as . . .	Knowledge and Skills Learning this material will require students to . . .
<ul style="list-style-type: none"> • Understanding the negative effects of substances on the human body. • How drug use increases risk taking and making dangerous decisions. • Demonstrate ways of refusing tobacco, alcohol and other drugs. 	<ul style="list-style-type: none"> • How is short-term drug use as dangerous as long-term drug use? • Why do teens still experiment with drugs even when knowing the dangers of it? 	<ul style="list-style-type: none"> • Describe the 6 refusal techniques and how to use them. • Understand the effects of specific drugs on the body: inhalants, ecstasy, marijuana, and prescription/non-prescription drugs.

Nutrition

Enduring Understandings In order to meet the standards, the students will need to understand that . . .	Essential Questions In order to understand, students will need to consider questions such as . . .	Knowledge and Skills Learning this material will require students to . . .
<ul style="list-style-type: none"> • Students will understand which nutrients provide energy for the body. • How getting a balance of ALL nutrients keeps the body healthy. 	<ul style="list-style-type: none"> • What does food have to do with health? • How does one count the calories of fresh market items (produce)? • How does food affect your body and how you feel about yourself? • Should the world be trans-fat free? 	<ul style="list-style-type: none"> • Identify the 6 nutrients. • Understand how the food plate works. • Understand how nutrients are used by the body.

Human Growth and Reproduction

Enduring Understandings In order to meet the standards, the students will need to understand that . . .	Essential Questions In order to understand, students will need to consider questions such as . . .	Knowledge and Skills Learning this material will require students to . . .
<ul style="list-style-type: none"> • Identify the components, functions and processes of the reproduction system. • Identify the physical changes as related to the reproductive system during puberty. • Recognize the emotional and physical changes as related to the reproductive system during puberty. 	<ul style="list-style-type: none"> • Why is it important to understand the changes of your own body as well as that of the opposite gender's during puberty? • Why is puberty such a difficult time for adolescents? 	<ul style="list-style-type: none"> • Understand the physical changes that happen to the body during puberty and why it happens. • Identify the parts of the reproductive system its function. • Understand the process of fetal development and birth.