



# 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**

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

### 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"> <li>• How physical appearance and changes in the body effect self-concept and esteem</li> <li>• Describe a healthy diet and adequate physical activity during the adolescent growth spurt.</li> <li>• Understand the media’s role in self-image and the misperceptions of body image</li> </ul>	<ul style="list-style-type: none"> <li>• Why, in our society, are eating disorders so prevalent today?</li> <li>• How does the media effect your self-image?</li> </ul>	<ul style="list-style-type: none"> <li>• Identify the difference between anorexia and bulimia.</li> <li>• Identify signs of an eating disorder.</li> <li>• Identify help resources for someone with an eating disorder.</li> <li>• Identify healthy eating practices and basic nutrition and exercise.</li> </ul>

**Drug Abuse**

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

**Nutrition**

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

### Human Growth and Reproduction

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