

**Camden Middle School- Pacing Guide
2014 -2015 School Year
Subject: 7th Grade Health**

1 st 9 Weeks	2 nd 9 Weeks	3 rd 9 Weeks	4 th 9 Weeks
<p>ATOD 1- Describe the typical progression that leads to drug use, Identify potential health risks associated with drug use & dependence, Identify the risks associated with intravenous drug use, Identify elements in over-the-counter drug labels that are helpful in determining possible side effects, Understand warnings printed on drug packaging</p> <p>ATOD 2- Identify resources for helping individuals quit using tobacco</p> <p>ICR 1- Use structured thinking to avoid becoming a perpetrator or victim in cyber-bullying, Define tolerance, Explain why tolerance is beneficial in a society characterized by diversity</p>	<p>ICR 2- Explain messages that are communicated about abstinence, Identify the positive benefits of delaying sexual intercourse</p> <p>ICR 3- Identify STDs, modes of transmission, & symptoms, Summarize FDA approved methods of birth control & STD prevention, Explain sexual assault/abuse & identify steps to take if abused/assaulted</p> <p>PCH 1- Explain the relationship between sleep, health, & academic performance, Identify strategies to increase sleep</p> <p>MEH 2- Identify & evaluate stress management strategies</p> <p>PCH 2- Describe the parts of the immune system, Understand how the immune system works</p>	<p>PCH 3- Define & give examples of quackery, Recognize characteristics of quackery, List reliable sources of health information</p> <p>MEH 1- Define adolescence & puberty, Identify resources in families, schools, or in the community to assist with an emotional problem</p> <p>MEH 3- Identify common mental disorders, Recognize when thoughts and behaviors are self-destructive, Identify sources of assistance for mental disorders</p>	<p>PCH 4- Assess common injuries by recognizing their symptoms, Apply proper first aid to common injuries</p> <p>NPA 1- Use MyPlate & nutrition facts label to plan healthy meals and snacks</p> <p>NPA 2- Identify nutrient dense foods & beverages, Describe the body's use of water, Identify signs & symptoms of dehydration, Identify appropriate hydration strategies to prevent dehydration</p> <p>NPA 3- Discuss trends related to body image & self-esteem that promote eating disorders</p>

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