



HAMILTON TOWNSHIP SCHOOL DISTRICT

Office of Curriculum & Instruction

Scott R. Rocco, Ed.D.
Superintendent of Schools

Anthony Scotto
Director of Curriculum & Instruction

2023-2024 Health Syllabus 7th Grade Topics Aligned to the 2020 Standards

The Middle School Curriculum is designed to teach students the information and skills they need to become health literate, to maintain and improve health, prevent disease, and reduce health-related risk behaviors. Through this curriculum, students will develop critical thinking, problem solving, and communication skills. In addition, the students will demonstrate good character and behaviors that promote a safe, fit, and healthy family, community, nation, and world.

<p><u>Body Systems- Structure and Function</u></p> <ul style="list-style-type: none"> • Supporting and moving the body • Moving and Exchanging Substances • Digesting and Removing Substances • Controlling and regulating the body <p><u>Substance Awareness</u></p> <ul style="list-style-type: none"> • Alcohol <ul style="list-style-type: none"> ○ The Effects of Alcohol ○ Preventing and Treating Alcohol-Use Disorders • Drugs <ul style="list-style-type: none"> ○ Medications ○ Illegal Drugs ○ Preventing and Treating Drug Abuse and Addiction 	<p><u>Relationships</u></p> <ul style="list-style-type: none"> • Promoting Healthy Relationships • Communication Skills • Comparing Types of Relationships <p><u>Life Cycles</u></p> <ul style="list-style-type: none"> • Human Development • The beginning of life • Child Development • Adulthood and Aging <p><u>Mental and Emotional Well Being</u></p> <ul style="list-style-type: none"> • Being Mentally and Emotionally Healthy • Getting help for mental health conditions
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Lifeskills Training Lessons- *provided by the Mercer County Coalition*

Lessons include: Decision Making; Coping with Anxiety; Coping with Anger; Drug Abuse; Prescription Drug Use and Misuse; Media Influences; Communication Skills; Social Skills; How to be Assertive; Peer Pressure/Conflict Resolution

Please return the bottom portion of this form to your child's school.

I have reviewed my child(ren)'s health syllabus and am aware of topics covered in their Health Education. I am also aware that if I wish to opt out my child(ren) from any portions of the family life/sexual health portion of the curriculum, I am to complete the opt out form via PowerSchool.

Student Name: _____ Health Teacher: _____

Parent/Guardian Signature _____ Date _____