

Healthy Choices



Abstinence Based Healthy Decision-Making Program 7th grade

This course is taught to 7th grade students through the Health and Fitness classes.

Overview:

Session 1	Session 2	Session 3	Session 4	Session 5
Taking Charge of your Health Decision making skills Substance abuse/misuse Peer influence Communication skills TEKS: 3. C, D, 5. A, 15. D, 16. A, C, 18. A-B, D	Puberty & Reproduction Reproductive Systems- male and female, fertilization TEKS: 22. A-C, E 23. A, B, L	Pregnancy Financial, emotional, social, and educational impacts Sexually Transmitted Diseases Transmission, signs, symptoms, treatment, and prevention TEKS: 20. A-G 21. F-G 22. D 23 A-G, I-O	Legal Guidelines Digital and online communication, sexting and social media Assault, sexual assault, sex trafficking, cyberbullying, harassment Age of Consent TEKS: 13. A-E 14. A-F 21. A-E, H 23. P, Q	Relationships and Mental Health Suicide awareness and resources Self-management strategies for mental health TEKS: 5. C 6. C, E-G

To review the above cross referenced TEKS (Texas Essential Knowledge and Skills) click on the link below.

<https://tea.texas.gov/sites/default/files/ch115b.pdf>

7-8th grade TEKS begin on page 8

<http://www.statutes.legis.state.tx.us/Docs/ED/htm/ED.28.htm#28.004>