

## 7<sup>th</sup> Grade Health Education – Decision Making

### IL State Standards

24 Promote and enhance health and well-being through the use of effective communication and decision making skills

CCSS.W.7.6 Use technology, including the Internet, to produce and publish writing and link to and cite sources as well as to interact and collaborate with others, including linking to and citing sources

### Performance Descriptors

24 B.e.2 Describe Key components of a decision-making process

24 B.e.3 Give examples where and when a decision-making process can be used

24B.e.5 Identify options available to solve a problem or make a decision

24. B.e.6 Analyze consequences for poor health choices

24B.e.7 Select a health problem and give examples of choices and consequences

24 B.f.4 Compare and contrast consequences for good and bad health choices

24B.h.1 List health related problems that affect adolescents

24B.h.2 Explain how choices one makes now can affect one's health in the future

24B.h.3 Formulate a plan to solve a health-related problem

24B.h.4 Identify barriers that can affect the decision making process

**Transfer goals:** Students will be able to independently use their learning to... use the decision making model to positively impact their current and future state of wellness to increase longevity

### Knowledge: Students will know...

The individual components of the decision making model. (DECIDE)

The factors that influence the decision making process including, heredity, culture, environment, media, technology, peers. (DECIDE)

Common adolescent problems teens face. (D)

There is more than one way to solve a problem. (E)

There are positive and negative consequences for each choice. (C)

Examples of common values and what they value. (I)

The choices they make today impact their health tomorrow. (E)

### Understandings: Students will understand that...

There is a process to help make healthy decisions.

Their values impact their ability to make a healthy decision.

### Performance Task:

Students will connect the decision making model steps to a not previously viewed digital (video/movie clip) or non-digital (written story) scenario.

### Skill: Students will be able to...

List the components of DECIDE in order (exit slip).

Analyze the benefits and risks of influences the impact decision making process.

List examples of teen situations when using the DECIDE method is appropriate. (D)

Examine possible risk factor choices and protective factor choices and potential barriers to solve a problem. (E)

Identify the positive and negative outcomes of their choices. (T-Chart assessment) (C)

Identify individual values. (I) (values survey)

Explain the possible short and long term consequences and the impact to their wellness. (E)

### Essential questions Students will keep considering...

What impact will the choices I make have on my future?

What do I value most and how does that impact my decisions?