

**\*\*The attached MMH document would also be sent with the notification.**

***Attention Seventh Grade Parents:***

*Your 7th grade student is taking PE 7- Fit for Life. Part of this semester-long class is a health course which follows the Michigan Model for Health Curriculum. Attached you will find the Michigan Model for Health curriculum lessons we follow including the topics that will be covered.*

*We are confident that these lessons are important and developmentally appropriate for seventh graders.*

*As a parent, you have the right to review any lesson and/or opt your child out of any portion of the HIV/Reproductive Health Education portion of this health curriculum.*

*If you decide to opt your child out of any of these HIV/Reproductive Health Education lessons, he/she will be placed in a classroom with a teacher who will provide alternative lessons.*

*Opting out can be done by sending your building principal a letter indicating which HIV/Reproductive Health education lessons you wish to preview or opt out of.*

# Michigan Model for Health Curriculum

## Social & Emotional Health Unit

- Lesson 1: Why Do I Behave the Way I Do?
- Lesson 2: Stress Affects Everyone
- Lesson 3: Healthy Ways to Manage Stress (Part 1)
- Lesson 4: Healthy Ways to Manage Stress (Part 2)
- Lesson 5: Managing Anger and Listening Tips
- Lesson 6: Empathy and I-Statements
- Lesson 7: Decision-Making and Problem-Solving
- Lesson 8: Conflict Resolution
- Lesson 9: Taking Control
- Lesson 10: The Many Faces of Bullying (Part 1)
- Lesson 11: The Many Faces of Bullying (Part 2)
- Lesson 12: Choose Friends Wisely
- Lesson 13: Manage Conflicts with Relationships
- Lesson 14: Healthy Future Relationships
- Lesson 15: Give Advice to a Friend



## Nutrition & Physical Activity Unit

- Lesson 1: Figuring Out Nutrition and Physical Activity Rumors
- Lesson 2: Learning More from MyPlate
- Lesson 3: Using MyPlate to Improve Habits
- Lesson 4: Finding the Right Physical Activities for Me
- Lesson 5: Finding Power Calories
- Lesson 6: Packages Can Trick Us
- Lesson 7: Can Fast Food Be Nutritious?
- Lesson 8: Nutritious Food Options in School
- Lesson 9: Achieve Goals with Nutritious Eating and Physical Activity



## Alcohol, Tobacco & Other Drugs Unit

- Lesson 1: Internal and External Influences
- Lesson 2: What Do We Know?
- Lesson 3: Tobacco/Vape: The Power to be Nicotine Free
- Lesson 4: Dangers and Effects of Alcohol
- Lesson 5: Classifications of Drugs and Effects the on the body
- Lesson 6: Using I-Statements to Influence Others
- Lesson 7: Refusing Danger and Trouble to Influence Others
- Lesson 8: Influencing Others by WISE Decision Making
- Lesson 9: Getting Help
- Lesson 10: The Power Is Yours!
- Lesson 11: Positive Influences for Positive Decisions
- Lesson 12: Resources to Help Self and Others



## Reproductive Health / HIV & Other STIs Unit

- Lesson 1: What is Puberty?
- Lesson 2: Male Reproductive Anatomy
- Lesson 3: Female Reproductive Anatomy
- Lesson 4: The 4-1-1 on HIV and AIDS
- Lesson 5: HIV and Other STIs- Evaluating Exposures
- Lesson 6: Finding Help and Information

