

**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

