

**Comprehensive Health Education in Grade 7**

**Mental and Emotional Health**

**Standard**

**Maryland State Curriculum Content Standard 1:** Students will demonstrate the ability to use mental and emotional health knowledge, skills, and strategies to enhance one’s self-concept and one’s relationship with others.

**Indicators and Objectives**

<b>III. Mental Illness – Accessing Information</b>
<b>1. Describe causes, signs, and symptoms of mental illnesses and where to locate support resources in the community.</b>
a. Describe causes of specific mental illnesses. <input type="checkbox"/> Heredity—chemical levels in the brain <input type="checkbox"/> Drug use <input type="checkbox"/> Diseases <input type="checkbox"/> Traumatic brain injuries <input type="checkbox"/> Emotional stressors
b. Compare signs and symptoms of specific mental illnesses.
c. Explain how to access specific community resources that help individuals with mental illness and their families.

<b>IV. Depression and Suicide Prevention</b>
<b>1. Analyze the causes and effects of depression and how to cope with suicidal thoughts/actions.</b>
a. Differentiate between depression and —feeling down.
b. Explain signs of depression and suicide.
c. Evaluate various situations for signs of depression and/or suicide.
d. Demonstrate how to access specific community resources that help individuals who show signs of depression and/or suicidal intentions.
e. Compare and contrast a variety of healthy coping strategies for dealing with depression.

<b>IV. Conflict Resolution Skills – Interpersonal Communication</b>
<b>2. Recognize conflict and healthy forms of resolving conflicts.</b>
a. Identify specific sources of conflict.
b. Distinguish between healthy and unhealthy responses to conflict.
c. Demonstrate conflict resolution strategies including collaboration, negotiation, and refusal to avoid harmful situations to self and others.

<b>VII. Self- Esteem – Self –Management</b>
<b>1. Develop strategies to enhance self-esteem.</b>

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| a. Identify internal and external influences on self-esteem. |
| b. Develop a strategy to enhance self-esteem.                |

<b>VII. Self – Injury – Self – Management</b>
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<b>2. Analyze potential destructive behaviors and healthy coping strategies.</b>
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| a. Define self-injury.   |
| b. Describe causes and warning signs of self-injury.   |
| c. Demonstrate how to access various community resources that support individuals who engage in self-injury. |
| d. Describe multiple ways to cope with stressors in a healthy way.   |