

MIDDLETOWN TOWNSHIP PUBLIC SCHOOLS

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Mary Ellen Walker
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Dear Parents:

The following is an outline of the units covered this year in your child's Health Curriculum. The units are designed to provide students with the information, decision-making skills and attitudes that will encourage thoughtful and responsible behavior.

If you choose not to have your son/daughter participate in any portion of a unit, you must complete a "Request to be Excused" form which is available in the school's main office. If you wish to discuss these units, please call your child's school for an appointment.

CURRICULUM UNITS – GRADE 7

Personal and Mental Health

- I. Emotional Health
- II. Social and Sexual Health

Personal Growth and Development

- III. Healthy Relationships
- IV. Pregnancy and Parenting

Safety

- V. Alcohol, Tobacco, and Other Drugs
- VI. Dependency, Substances Disorder and Treatment
- VII. Health Conditions, Diseases, and Medicines

Physical Wellness

- VIII. Nutrition

Sincerely,



Devyn Orozco

