**Seventh Grade Health Fair Topics--**Please read over the following topics and circle the FIVE you are most interested in hearing about at the Health Fair at your school.

|  |  |  |  |
| --- | --- | --- | --- |
| Friends, peers and peer pressure | The body-skin | Avoiding alcohol and other drugs | Cyber-bullying or bullying |
| Communication skills | The body-eyes and ears | Alcohol addiction and recovery | Decision Making |
| Safety in the home and other places | Family roles and responsibilities | Alcohol use and abuse- the effect on the family | Being responsible for your own health |
| Fitness | Healthy Eating | Marijuana | Labels |
| Becoming a wise health consumer | Eating Disorders | Media influences | Healthy habits and grooming |
| Self-esteem | Injury prevention | Dealing with Conflict | First Aid for injuries |
| Life Stages | Stress and stress management | Healthy Sleep habits | Energy drinks |

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