

Grades 6-8

Human Growth and Development 1

Students will demonstrate the ability to apply their understanding of human growth and development, including awareness of their own and others', related to body systems.

- E1** I can demonstrate an understanding of how different body systems interact and depend on each other. 1.E1
- E2** I can analyze more advanced body systems and the function that they play in overall health. 1.E2
- F** I can analyze and discuss physical and emotional changes that occur during puberty and the physical changes that occur within body systems as I mature. 1.F

Healthy Skills and Relationships 2

Students will demonstrate healthy relationships and interaction with others, utilize effective communication skills (verbal, non-verbal, and online), and differentiate between healthy and unhealthy behaviors, and how those behaviors impact relationships with peers and adults.

- E1** I can evaluate how inappropriate and risky behaviors as well as poor communication may have negative consequences in relationships. 2.E1
- E2** I can identify the dangers and consequences of inappropriate use of technology and social media. 2.E2
- F** I can analyze the impact of behaviors and communication on relationships. 2.F

Nutrition 3

Students will apply concepts of how food choices impact the overall health of self and others, and investigate how different types of eating disorders damage body systems.

- E** I can recognize different types of eating disorders and identify resources for treatment. 3.E
- F** I can develop a personal eating plan that contributes to overall health and well-being. 3.F

Alcohol, Tobacco, and Other Drugs 4

Students will investigate healthy and unhealthy behaviors related to alcohol, tobacco, and other drugs, while understanding the physical, psychological, and legal consequences for self and others.

- E** I can analyze the misuse of and dependency on alcohol, tobacco, and other drugs and identify support and resources for treatment. 4.E
- F** I can evaluate the family, societal, and legal impact of alcohol, tobacco, and other drugs. 4.F

**Personal Health and
Safety** 5

Students will promote physical, social, and emotional health for self and others.

- E1** I can monitor personal feelings and stress and identify strategies, skills, and resources that assist in managing them. 5.E1
- E2** I can examine personal feelings and stress that can be a threat to personal safety. 5.E2
- F1** I can identify strategies to avoid risk associated with communicable diseases. 5.F1
- F2** I can show/model a knowledge of first aid and appropriate response in emergency situations. 5.F2