Kansas Health Education

Grades 6-8

The students will know, comprehend, apply, analyze, synthesize and/or evaluate:

Community Health

1 Resources in the community for improved health 8.1

2 Local community needs/issues/events 8.2

3 Local/state laws, ordinances, and policies for a healthy community 8.

4 Impact of participation and engagement within the community 8.4

5 Global health issues 8.5

Consumer Health

1 Validity of information on health care products and services 8.1

2 Adolescent health care product information 8.2

3 Interpersonal and intrapersonal influences on health choices (budgeting, culture, SES, etc.) 8.3

4 Informed consumer choices regarding health 8.4

5 Seek reliable consumer health advice 8.5

6 Importance of local and state health policies 8.6

Environmental Health

1 Personal responsibility for community environmental issues 8.1

2 Reduce, reuse, recycle, and alternatives 8.2

3 Types and effects of pollution 8.3

4 Environmental influences on health 8.4

5 Local and state environmental issues 8.5

6 Laws, ordinances, and policies 8.6

Human Sexuality and Relationships

1 Changes during puberty 8.1

2 Refusal skills 8.2

3 Responsible behaviors within relationships (communication, abstinence, etc.) 8.3

4 Male and female reproductive systems 8.

Potential outcomes of sexual activity 8.5

Seeking reliable adult advice regarding relationships, dating, and sexual activity 8.6

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7 Laws associated with sexual behaviors (consent, harassment, assault, rape, etc.) 8.7

Injury Prevention and Safety

1 Basic first aid skills (including bloodborne pathogens) 8.1

2 Injury prevention at home, school and community 8.2

3 Prevention for sports, physical activity and recreation related injury 8.3

4 Resources for safety and injury prevention and response (school, work, community, home, etc.) 8.4

5 Intentional and unintentional injury 8.5

6 Prevention and response to physical violence (guns and/or weapons and bullying) 8.6

7 Prevention and response to mental violence (bullying and abuse) 8.7

8 Prevention and response to sexual violence (harassment, assault, rape, and abuse) 8.8

9 Prevention and response to social violence (relationships, conflict resolution, and cyber) 8.9

10 Media safety (social media, cyber, TV, music, advertising, etc.) 8.10

11 Weather related safety (supplies, shelter, etc.) 8.11

Mental and Emotional Health

1 Importance of expressing emotions in a productive and healthy manner 8.1

2 Character development 8.2

3 Mental health terminology 8.3

4 Stress management and coping skills 8.4

5 Coping with loss and grief 8.5

6 Characteristics of healthy and unhealthy relationships 8.6

7 Relationship between body image and self-esteem 8.7

8 Impact of media on self-esteem 8.8

9 Bullying/harassment prevention 8.9

Nutrition

1 Nutritional needs through stages of development 8.1

2 Meal planning and budgeting 8.

3 Safe storage and food handling 8.3

4 Nutritional goals 8.4

5 Community nutrition efforts 8.5

Food labels 8.6

Eating disorders/dysfunctions 8.7

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8 Dietary guidelines 8.8

9 Establishing and maintaining healthy eating practices 8.9

10 Factors in weight control 8.10

11 Food packaging and advertising 8.11

12 Nutritional supplements 8.12

13 Impact of food choices 8.13

Personal Health

1 Major body systems, anatomy, functions, relationships between systems 8.1

2 Proper adolescent hygiene habits 8.

3 Purpose, examples, and benefits of daily exercise 8.3

4 Importance and strategies to seek personal health care 8.4

5 Develop positive relationships 8.5

6 Recommended sleep amounts 8.6

Prevention & Control of Disease

1 Disease prevention skills 8.

2 Common causes of death, illness and disorders 8.2

3 Communicable and noncommunicable diseases 8.

4 Medical resources, health screenings and treatment methods for disease 8.4

5 Relationship between lifestyle choices and disease prevention 8.5

6 Differences between bacterial, viral and fungal infections 8.6

7 Structure/function of the immune system 8.7

Substance Use and Abuse & Addiction

1 Effects and consequences of nicotine use (all forms) 8.1

2 Effects and consequences of alcohol use 8.2

3 Effects and consequences of illegal drug use 8.

4 Cumulative risk behaviors (patterns, gateway drugs, etc.) 8.4

5 Correct use, misuse and abuse of drug 8.5

6 Categories of drugs (ex. stimulants, opiates, depressants, hallucinogens, etc.) 8.6

7 Addiction and tolerance 8.7

8 Addictive substances and effects on all dimensions of health 8.8

9 Media, social influences, and peer pressure of drug usage 8.9

10 Rules and laws for medicines and drugs 8.10

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11 Safe alternatives to medicine 8.11

12 Treatment, intervention and prevention of drug overdose, dependency, and abuse 8.12