

Grade 8

Students will comprehend content related to health promotion and disease prevention to enhance health.

- 1** Explain why using alcohol or other drugs is an unhealthy way to manage stress and describe the relationship between using alcohol and other drugs with other health risks. 8.1.1

- 2** Explain the relationship between access to healthy foods and personal food choices and identify healthy and risky approaches to weight management. 8.1.2

- 3** Explain the causes, symptoms and effects of depression, anxiety and common eating disorders. 8.1.3

- 4** Explain the benefits of living in a diverse society. 8.1.4

- 5** Differentiate healthy and unhealthy relationships. 8.1.5

- 6** Describe the importance of seeking help and treatment for common infectious diseases and chronic diseases and summarize health practices to prevent the spread of disease. 8.1.6

- 7** Explain climate-related physical conditions that affect personal safety. 8.1.7

- 8** Describe first response procedures needed to treat injuries and other emergencies. 8.1.8

- 9** Describe the factors that contribute to and that protect against engaging in sexual behavior and explain the importance of setting personal limits to avoid sexual risk behaviors. 8.1.9

- 10** Describe usual signs and symptoms of common STDs. 8.1.10

- 11** Describe situations that could lead to the use of tobacco and explain reasons most individuals do not use tobacco products. 8.1.11

- 12** Describe how power and control differences in relationships can contribute to aggression and violence and describe how prejudice, discrimination and bias can lead to violence. 8.1.12

- 13** Explain that rape and sexual assault should be reported to a trusted adult. 8.1.13

Analyze the influence of family, peers, culture, media, technology and

- 1** Examine how school rules, public health policies and laws can influence personal health and behaviors. 8.2.1

other factors on health behaviors.	2 Evaluate prevention strategies that reduce health risk behaviors and explain the influence these strategies have on personal choices. 8.2.2
Access valid information, products and services to enhance health.	1 Explain health-related situations that call for professional prevention or intervention services. 8.3.1 2 Investigate and analyze valid and reliable health-related products and services. 8.3.2 3 Locate and access valid and reliable personal health and wellness information from home, school or the community. 8.3.3
Use interpersonal communication skills to enhance health and avoid or reduce health risks.	1 Apply effective verbal and nonverbal communication skills to enhance health and promote healthy behaviors/relationships. 8.4.1 2 Demonstrate how to ask for assistance to enhance the health of self and others. 8.4.2 3 Demonstrate refusal and negotiation skills to avoid or reduce health risks. 8.4.3 4 Demonstrate effective conflict management and/or resolution strategies. 8.4.4
Use decision-making skills to enhance healthy behaviors.	1 Predict when health-related situations require the application of a thoughtful decision-making process. 8.5.1 2 Analyze healthy options when making a decision about health-related issues or problems. 8.5.2 3 Apply a decision-making process to avoid or refuse healthy and/or unhealthy behaviors. 8.5.3
Use goal-setting skills to enhance healthy behaviors.	1 Apply strategies and skills needed to attain personal health goals. 8.6.1 2 Explain how personal health goals can vary with changing abilities, priorities and responsibilities. 8.6.2 3 Set and implement a goal that maintains or improves personal health and/or wellness-related behavior. 8.6.3
Practice health-enhancing behaviors and avoid or reduce health risks.	1 Analyze and explain personal health practices and behaviors that reduce or prevent health risks. 8.7.1 2 Defend the importance of demonstrating healthy practices and behaviors to improve the health and wellness of self and others. 8.7.2
Advocate for personal, family and community	1 Propose a health-enhancing position, supported with accurate information, to improve the personal health and wellness of others. 8.8.1

health.

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- 2 Design an advocacy campaign to influence and support others to make behavior choices to improve personal health and wellness. 8.8.2**