

Maryland Health Education

Grade 8

Students will comprehend concepts related to health promotion and disease prevention to enhance health, including: 1

a Mental and Emotional Health 1A

Wellness

- 1 Evaluate one's personal wellness. 1A.8.1
- 2 Identify strategies to improve dimensions of wellness. 1A.8.2

Emotions, feelings, and relationships

- 3 Explain how the expression of emotions or feelings can help or hurt oneself and others. 1A.8.3

Self and social awareness

- 4 Demonstrate empathy to others who have different feelings, thoughts, and experiences. 1A.8.4
- 5 Reframe a challenge or setback as an opportunity. 1A.8.5

Self and social awareness

- 6 Describe how personal responsibility for one's choices is linked to self-worth and growth. 1A.8.6

Trusted adults

- 7 Demonstrate communication with a trusted adult about your overall wellness. 1A.8.7

Stress and anxiety

- 8 Explain the causes and effects of stress. 1A.8.8
- 9 Explain positive and negative ways of dealing with stress. 1A.8.9
- 10 Explain the causes, symptoms, and effects of anxiety. 1A.8.10
- 11 Analyze the risks of impulsive behaviors. 1A.8.11

Depression awareness

Suicide prevention

- 12 Explain the signs and symptoms of people who are in danger of hurting themselves or others and demonstrate how to tell a trusted adult. 1A.8.12
- 13 Describe the signs and symptoms of people who are in danger of hurting themselves or others. 1A.8.13
- 14 Explain the importance of telling an adult if there are people who are in danger of hurting themselves or others. 1A.8.14

Teasing, bullying, harassment, and violence

- 15 Explain why it is important to understand the perspectives of others in resolving interpersonal conflicts. 1A.8.15
- 16 Explain how intolerance can affect others. 1A.8.16
- 17 Describe ways to manage interpersonal conflict nonviolently. 1A.8.17

Social media

- 18 Evaluate how sharing or posting personal information electronically about self or others on social media sites can impact mental and emotional health. 1A.8.18

Body image

- 19 Analyze strategies to cultivate a positive body image. 1A.8.19

Disordered eating

- 20 Explain the signs of disordered eating. 1A.8.20

- 21 Summarize the potential mental and physical consequences of disordered eating and why it is important to seek professional help. 1A.8.21

Loss and grief

- 22 Justify feelings and emotions associated with loss and grief as a normal part of development. 1A.8.22

Stigma

- 23 Summarize the negative impact of stigma on health-seeking behavior. 1A.8.23

Addiction

- 24 Identify addiction as long-term compulsive behavior despite negative consequences. 1A.8.24

Self-harm

b Substance Abuse Prevention 1B

Medicines

Household products

Alcohol, opioids, nicotine products, marijuana products, fentanyl, and other drugs

- 1 Summarize the negative consequences of using alcohol, nicotine products, marijuana products, opioids (including the lethal effects of fentanyl), and other trending drugs or substances. 1B.8.1
- 2 Describe the relationship between substance use and health risks including unintentional injuries, violence, suicide, and sexual risk behaviors. 1B.8.2
- 3 Describe the health risks of using performance-enhancing or weight loss drugs. 1B.8.3
- 4 Defend the benefits of being free from alcohol, opioids, nicotine products, marijuana products, and other trending drug or substances. 1B.8.4

Environmental literacy

- 5 Identify the negative environmental effects of alcohol, opioids, nicotine products, marijuana products, and other drugs. 1B.8.5

c Family Life and Human Sexuality 1C

Healthy relationships and consent

- 1 Distinguish healthy relationships from unhealthy ones. 1C.8.1
- 2 Analyze how peers, family, media, society, culture, and a person's intersecting identities can influence attitudes, beliefs, and expectations about relationships. 1C.8.2
- 3 Describe strategies a student might use to end an unhealthy relationship, including involving a trusted adult who can help. 1C.8.3
- 4 Summarize why individuals have the right to refuse sexual contact. 1C.8.4
- 5 Analyze factors, including alcohol and other substances that can affect the ability to give or perceive consent to sexual activity. 1C.8.5
- 6 Explain the importance of setting personal limits to avoid sexual risk behaviors. 1C.8.6

Gender identity and expression

- 7 Explain sex assigned at birth and gender identity and explain how they may or may not differ. 1C.8.7

Sexual orientation and identity

- 8 Describe sexual identity and explain a range of identities related to sexual orientation. 1C.8.8

Harassment, teasing, and bullying

- 9 Describe how intolerance can affect others when aspects of their sexuality are different from one's own. 1C.8.9

Anatomy and physiology

- 10 Summarize human reproductive systems including medically accurate names for internal and external genitalia and their functions. 1C.8.10
- 11 Explain menstruation, fertilization, and implantation. 1C.8.11

Sexual health

- 12 Describe ways sexually active people can reduce the risk of pregnancy 1C.8.12
- 13 Explain ways sexually active people can reduce the risk of HIV, and other STIs including condoms and preventative medications. 1C.8.13
- 14 Identify proper steps to using barrier methods correctly. 1C.8.14
- 15 Describe the state and federal laws related to minors' access to sexual healthcare services, including pregnancy and STI/HIV prevention, testing, care, and treatment. 1C.8.15
- 16 Describe the factors that contribute to engaging in sexual risk behaviors including substance use. 1C.8.16
- 17 Identify racism and intersectionality and describe their impacts on sexual health 1C.8.17

Sexually explicit media

- 18 Describe the state and federal laws that impact young people's sexual health and rights, ability to give and receive sexual consent, and engagement with sexually explicit media. 1C.8.18
- 19 Analyze the negative consequences of sending sexually explicit pictures or messages by e-mail or cell phone or posting sexually explicit pictures on social media sites. 1C.8.19

d Safety and Violence Prevention 1D

Safety and injuries

- 1 Describe first response procedures needed to treat injuries and other emergencies. 1D.8.1
- 2 Identify ways to reduce the risk of injury in a motor vehicle (substance use, distracted driving, seat belts, etc.). 1D.8.2

Technology safety

- 3 Identify how to use technology and social media safely and respectfully and laws pertaining to the dissemination of intimate images. 1D.8.3

Boundaries and consent

- 4 Distinguish between appropriate and inappropriate verbal and/or non-verbal interactions. 1D.8.4
- 5 Explain the importance of setting and respecting personal limits/boundaries. 1D.8.5
- 6 Describe why individuals have the right to refuse sexual contact. 1D.8.6
- 7 Define affirmative consent. 1D.8.7
- 8 Explain that no one has the right to touch anyone else in a sexual manner if they do not want to be touched. 1D.8.8

Discrimination and violence

- 9 Summarize how participation in gangs and hate groups can lead to violence. 1D.8.9
- 10 Explain how intolerance can lead to violence. 1D.8.10

Abuse and assault

- 11 Identify situations including domestic violence where physical, emotional, verbal, or sexual abuse occurs in a person's family. 1D.8.11
- 12 Describe situations and behaviors that constitute sexual mistreatment grooming, harassment, abuse, assault, exploitation, and boundary violations. 1D.8.12

Trusted adults and responding to safety threats

- 13 List qualities of an adult whom a student can rely upon for support. 1D.8.13
- 14 Identify a source of support that a student can go to if they or someone they know is being abused or assaulted. 1D.8.14
- 15 Demonstrate the ability to recognize and respond to situations that threaten sexual health safety. 1D.8.15

Bystander intervention and compassion for victims

- 16 Explain why a person who has been sexually mistreated, groomed, harassed, abused, assaulted, or exploited is not at fault. 1D.8.16

- 17 Defend the need to empower and support people who experience racism, harassment, or abuse. 1D.8.17
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e Healthy Eating 1E

Nutritious foods and beverages

- 1 Identify every individual has unique nutrition needs and identify strategies to maximize nutrition. 1E.8.1
- 2 Summarize the benefits of consuming nutritious foods and the idea that “all foods fit.” 1E.8.2

Sugar Sweetened Beverages

- 3 Explain the importance of limiting the consumption of sugar-sweetened beverages. 1E.8.3

Food choices

- 4 Practice making balanced choices when choosing a meal. 1E.8.4
- 5 Identify food preparation and production methods and their impact on nutrients in foods. 1E.8.5

Nutrition facts label

- 6 Compare and contrast fruits, vegetables, and whole grains using a nutrition facts label. 1E.8.6
- 7 Summarize the significance of reading a nutrition facts label and the concept of balance or moderation. 1E.8.7
- 8 Describe the benefits of limiting the consumption of added sugar, sodium, and processed food. 1E.8.8

f Disease Prevention and Control 1F

Disease

- 1 Demonstrate how to seek help and treatment for common infectious diseases and chronic diseases. 1F.8.1

Chronic diseases

Disease Prevention

- 2 Summarize health practices to prevent the spread of infectious diseases that are transmitted by food, air, indirect contact, and person-to-person contact. 1F.8.2
- 3 Explain transmission methods of common sexually transmitted infections (STIs). 1F.8.3
- 4 Summarize ways to decrease the spread of STIs including HIV through abstinence, using condoms consistently and correctly when having sex, and practicing universal precautions. 1F.8.4
- 5 Describe the typical signs, symptoms, consequences, and treatment of STIs including HIV. 1F.8.5

Hygiene

- 6 Summarize the benefits of good hygiene practices for promoting health. 1F.8.6

Sleep

- 7 Summarize the benefits of getting adequate rest and sleep. 1F.8.7

Sun

Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. 2

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- a Examine how the family influences the health of adolescents. 2.MS.8.A

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- b Describe the influence of culture on health beliefs, practices, and behaviors. 2.MS.8.B

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- c Describe how peers influence healthy and unhealthy behaviors. 2.MS.8.C

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- d Analyze how the school and community can affect personal health practices and behaviors. 2.MS.8.D

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- e Analyze how messages from media influence health behaviors. 2.MS.8.E

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- f Analyze the influence of technology on personal and family health. 2.MS.8.F

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- g Explain how the perceptions of norms influence healthy and unhealthy behaviors. 2.MS.8.G

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- h Explain the influence of personal values and beliefs on individual health practices and behaviors. 2.MS.8.H

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- i Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors. 2.MS.8.I
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j Explain how school and public health policies can influence health promotion and disease prevention. 2.MS.8.J

Students will demonstrate the ability to access valid information, products, and services to enhance health. 3

a Analyze the validity of health information, products, and services. 3.MS.8.A

b Access valid health information from home, school, and community. 3.MS.8.B

c Determine the accessibility of products that enhance health. 3.MS.8.C

d Describe situations that may require professional health services. 3.MS.8.D

e Locate valid and reliable health products and services. 3.MS.8.E

Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. 4

a Apply effective verbal and nonverbal communication skills to enhance health. 4.MS.8.A

b Demonstrate refusal and negotiation skills to avoid or reduce health risks. 4.MS.8.B

c Demonstrate effective conflict management or resolution strategies. 4.MS.8.C

d Demonstrate how to ask for assistance to enhance the health of self and others. 4.MS.8.D

Students will demonstrate the ability to use decision-making skills to enhance health. 5

a Identify circumstances that can help or hinder healthy decision-making. 5.MS.8.A

b Determine when health-related situations require the application of a thoughtful decision-making process. 5.MS.8.B

c Distinguish when individual or collaborative decision-making is appropriate. 5.MS.8.C

d Distinguish between healthy and unhealthy alternatives to health-related issues or problems. 5.MS.8.D

e Predict the potential short-term impact of each alternative on self and others. 5.MS.8.E

f Choose healthy alternatives over unhealthy alternatives when making a decision. 5.MS.8.F

g Analyze the outcomes of a health-related decision. 5.MS.8.G

Students will demonstrate the ability to use goal-setting skills to enhance health. 6

a Assess personal health practices. 6.MS.8.A

b Develop a goal to adopt, maintain, or improve a personal health practice. 6.MS.8.B

c Apply strategies and skills needed to attain a personal health goal. 6.MS.8.C

d Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. 6.MS.8.D

Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. 7

a Explain the importance of assuming responsibility for personal health behaviors. 7.MS.8.A

b Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others. 7.MS.8.B

c Demonstrate behaviors that avoid or reduce health risks to self and others. 7.MS.8.C

Students will demonstrate the ability to advocate for personal, family, and community health. 8

a State a health-enhancing position on a topic and support it with accurate information. 8.MS.8.A

b Demonstrate how to influence and support others to make positive health choices. 8.MS.8.B

c Work cooperatively to advocate for healthy individuals, families, and schools. 8.MS.8.C

d Identify ways that health messages and communication techniques can be altered for different audiences. 8.MS.8.D