North Carolina Health Education

Eighth Grade

Mental and Emotional Health

1. **Evaluate how structured thinking benefits emotional well-being.** 8.MEH.1
   1. Evaluate the uses of defense mechanisms in terms of whether they are healthy or unhealthy. 8.MEH.1.1
   2. Explain how personal responsibility for one's choices is linked to self-worth and growth. 8.MEH.1.2
2. **Design a personal plan for both preventing and managing stress and anxiety.** 8.MEH.2
   1. Compare and contrast positive and negative stress management techniques. 8.MEH.2.1
   2. Design a plan to minimize stressors or manage the effects of stress. 8.MEH.2.2
3. **Apply help-seeking strategies for mental health challenges.** 8.MEH.3
   1. Identify signs of behaviors that contribute to harm to self or others. 8.MEH.3.1
   2. Create a plan for seeking adult help for yourself or peers who exhibit signs of self-harm or suicidal intent. 8.MEH.3.2

Personal and Consumer Health

1. **Understand wellness, disease prevention, and recognition of symptoms.** 8.PCH.1
   1. Examine risk factors and social determinants of health that impact health outcomes throughout the lifespan. 8.PCH.1.1
   2. Explain behavioral and environmental factors that contribute to major chronic diseases and the methods for reducing problems associated with common conditions. 8.PCH.1.2
   3. Determine individual risk for preventable diseases based on personal health data and family history. 8.PCH.1.3
   4. Identify specific ways the environment impacts personal and community health. 8.PCH.1.4
2. **Apply health literacy skills when examining health claims and products.** 8.PCH.2
   1. Create a PSA about a health topic using evidence-based information. 8.PCH.2.1
   2. Demonstrate how to influence and support others to make positive health choices. 8.PCH.2.2
3. **nalyze necessary steps to prevent and respond to unintentional injury.** 8.PCH.3
   1. Execute abdominal thrusts on a mannequin. 8.PCH.3.1

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2 Demonstrate CPR compressions and procedures on a mannequin. 8.PCH.3.2

Interpersonal Communications and Healthy Relationships

1 **Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.** 8.ICHR.1

1 Contrast characteristics of healthy and unhealthy relationships for friendships and for dating. 8.ICHR.1.1

2 Create strategies to communicate personal boundaries and show respect for the boundaries of others. 8.ICHR.1.2

3 Identify potential consequences of unhealthy relationships and intolerance which can lead to dating violence, discrimination, and hate crimes. 8.ICHR.1.3

4 Demonstrate communication skills that build and maintain healthy relationships. 8.ICHR.1.4

5 Use decision-making strategies appropriate for responding to unknown people via social media, digital messaging, or other means to avoid sexual trafficking. 8.ICHR.1.5

6 Explore resources for safe and respectful ways to end an unhealthy or unwanted relationship. 8.ICHR.1.6

2 **Explain how avoiding sexual activity is the most effective way to prevent pregnancy and STIs.** 8.ICHR.2

1 Compare and contrast sexual risk avoidance versus sexual risk reduction as they relate to pregnancy, STI, and other risks. 8.ICHR.2.1

2 Discuss refusal skills and behaviors that are required for delaying sexual activity. 8.ICHR.2.2

3 **Identify strategies that maintain reproductive and sexual health.** 8.ICHR.3

1 Discuss the emotional, social, educational, and financial impact of teen pregnancy on teen parents and their families. 8.ICHR.3.1

2 Analyze methods of FDA-approved contraceptives in terms of their safety and their effectiveness in preventing unintended pregnancy. 8.ICR.3.2

3 Explore family, school, and community resources for the prevention of sexual risks through abstinence, postponed sexual activity, and safer sex practices. 8.ICHR.3.3

4 Examine examples of how media, social media, and technology can positively or negatively influence sexual attitudes and behaviors. 8.ICHR.3.4

Nutrition and Physical Activity

1 **Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.** 8.NPA.1

1 Examine the destructive nature of body shaming and negative body image. 8.NPA.1.1

2 Explain the importance of assuming responsibility for personal dietary choices. 8.NPA.1.2

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3 Identify resources to advocate for those who are at risk for poor nutrition. 8.NPA.1.3

2 Apply strategies to consume a variety of foods and beverages. 8.NPA.2

1 Summarize the benefits of consuming adequate amounts of micronutrients and water in a variety of foods. 8.NPA.2.1

2 Create a healthful eating plan incorporating food choice inside and outside the home setting. 8.NPA.2.2

3 Explore various diet and physical activity trends to enhance quality of life. 8.NPA.3

1 Identify risks and benefits of various dietary preferences and eating patterns. 8.NPA.3.1

2 Summarize the benefits and risks of current physical activity trends. 8.NPA.3.2

3 Discuss effects of food preparation on your health. 8.NPA.3.3

Alcohol, Nicotine, Cannabis, and other Drugs

1 Assess the short- and long-term health risks associated with alcohol, nicotine, cannabis, and other drug use. 8.ANCOD.1

1 Explain the impact of alcohol and other drug use on vehicle crashes, injuries, violence, and risky sexual behavior. 8.ANCOD.1.1

2 Evaluate the magnitude and likelihood of the risks associated with the use of performance- enhancing supplements. 8.ANCOD.1.2

2 Evaluate positive and negative influences on adolescent health practices and behaviors including peers, family, media, culture, community, technology, and social platforms. 8.ANCOD.2

1 Analyze policies and laws related to the sale and use of alcohol and nicotine products in terms of their purposes and benefits. 8.ANCOD.2.1

2 Create persuasive messaging to reduce the use of alcohol, nicotine, cannabis, and other drugs. 8.ANCOD.2.2

3 2.3 Use strategies to avoid riding in a car with someone impaired by alcohol or drugs. 8.ANCOD.2.3

4 Identify positive alternatives to the use of alcohol and drugs. 8.ANCOD.2.4