Health Education: Grade 8

Personal Wellness

Nutrition

1 Describe body composition and eating disorders, and practice principles of food safety. 8.N.1

2 Apply formulas such as body mass index to demonstrate how healthy nutrition can affect body composition. 8.N.2

3 Analyze the relationship between nutrition, fitness, and healthy weight management for the prevention of diseases such as diabetes, obesity, cardiovascular disease, and eating disorders. 8.N.3

4 Analyze lifelong nutrition and health-related fitness to enhance quality of life. 8.N.4

5 Demonstrate the ability to access nutrition information, products, and services; determine their accuracy and validity on nutrition claims. 8.N.5

General Health

1 Compare and contrast choices that can impact more than one area of health (ex. Walking improves both physical and mental health and vaping causes damages to lungs and increases agitation). 8.GH.1

2 Demonstrate advocacy skills to promote healthy decisions and behaviors. 8.GH.2

3 Differentiate between the need for individual or collaborative decision-making and identify circumstances that can support or hinder decision-making and goal setting. 8.GH.3

4 Analyze how personal health goals can vary with changing abilities, priorities, and responsibilities. 8.GH.4

5 Analyze various methods to measure person's health status. 8.GH.5

6 Evaluate individual, group, and societal influences that promote positive and negative health behaviors. 8.GH.6

Personal Hygiene

1 Discuss the physical, emotional, and social implications of personal hygiene. 8.PH.1

2 Differentiate personal hygiene practices and health/safety issues related to puberty (e.g., but not limited to, showering, use of sanitary products, deodorant, and cleaning of athletic gear). 8.PH.2

Physical Activity and Fitness

Determine the benefits of exercise during all stages of life for improved physical fitness. 8.PAF.1

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2 Research various physical activities and analyze their social, emotional, and physical benefits. 8.PAF.2

3 Assess personal barriers to being physically active and develop practical solutions to remove said barriers. 8.PAF.3

4 Research local physical activity opportunities in the community such as local parks, trails, recreation centers, and gyms. 8.PAF.4

Disease Prevention

1 Identify the relationship between participation in risky behaviors and contracting a communicable disease. 8.DP.1

2 Identify the relationship between participation in risky behaviors and contracting a non-communicable disease. 8.DP.2

3 Research organizations that work in chronic disease health information such as American Diabetes Association and American Heart Association, etc. 8.DP.3

4 Analyze how global and environmental policies and situations affect local health. 8.DP.4

Safety and Prevention

First Aid

1 Demonstrate emergency techniques to respond to varying emergency situations that my occur at school, home, and in the community. 8.FA.1

2 Develop strategies to increase community knowledge of how to respond in different emergency situations. 8.FA.2

Prevention

1 Demonstrate de-escalation techniques used in threating situations. 8.P.1

2 Develop strategies to remain unharmed when confronted with dangerous situations at home, school, and in the community. 8.P.2

3 Summarize actions to take to protect oneself against risks to injuries related to vehicles, bikes, and pedestrian etc. 8.P.3

4 Demonstrate escape for situations in which weapons or other dangerous objects are present. 8.P.4

5 Analyze the validity of health information, products, and services. 8.P.5

Technology Safety

1 Compare, and contrast health information gathered from various sources. 8.TS.1

2 Analyze the possible legal consequences of improper social media usage. 8.TS.2

3 Summarize ways to avoid being a victim or perpetrator of abuse via digital media (including social media, apps, texting, and cell phones). 8.TS.3

4 Practice skills to reduce one's technology use or dependency ("un-plug"). 8.TS.4

Explain how technology can influence healthy and unhealthy behaviors. 8.TS.5

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Vehicle Occupant Safety

1 Identify best practice occupant safety in public transportation, rideshare and personal vehicles. 8.VOS.1

Water Safety

1 Demonstrate knowledge of when it is appropriate to wear life jackets when in, on, and around water and what to do in a water emergency. 8.WS.1

Human Growth & Development

Anatomy & Physiology

1 Describe how personal choice impacts bodily systems. (e.g., risky behaviors). 8.AP.1

2 Analyze how internal and external influences affect growth and development, relationships, and sexual behavior. 8.AP.2

Puberty & Adolescent Development

1 Explain how culture, media, and other factors influence perceptions about body image, gender roles, and attractiveness. 8.PA.1

2 Identify the physical, social, and emotional changes that occur during puberty (e.g., menstrual cycle, reproductive system, conception). 8.PA.2

3 Demonstrate behaviors that promote healthy growth and development during puberty. 8.PA.3

Pregnancy & Reproduction

1 Describe the social, emotional, and economic impact associated with teen parenting (e.g., perspective of the teen mother, teen father, parents of the teens). 8.PR.1

2 Explain how conception occurs, the stages of pregnancy, and the responsibilities associated with parenting. 8.PR.2

3 Identify reasons for abstaining from sexual activity (e.g., unplanned pregnancy, infection, infertility, and lifelong illnesses). 8.PR.3

4 Identify medically accurate resources about pregnancy prevention and reproductive health care. 8.PR.4

5 Identify risks of becoming a teen parent. 8.PR.5

Relationships

7 Examine useful strategies for the prevention and reporting of child abuse and sexual abuse, including human trafficking and abuse that may occur in the home. 8.R.7

Sexually Transmitted Infections/HIV

1 Analyze ways pathogens and diseases are spread, prevented, and managed. 8.STI.1

2 Research strategies to develop and maintain reproductive and sexual health (including HIV, HPV, and common STIs). 8.STI.2

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Compare and contrast behaviors, including abstinence, to determine potential risk of STI/HIV transmission. 8.STI.3

4 Describe ways people can protect themselves against serious blood borne communicable diseases. 8.STI.4

Substance Use & Abuse

Core Concepts

1 Demonstrate and analyze positive alternatives to the use of alcohol, vaping, tobacco, and other drugs. 8.CC.1

2 Evaluate why making a commitment to be substance (alcohol, vaping, tobacco, drugs) free is beneficial to one's physical and mental health. 8.CC.2

3 Analyze family, peer, social, and media influences on tobacco, vaping, alcohol, and other drugs. 8.CC.3

4 Distinguish between myths and facts regarding vaping. (i.e., not just water vapor, "nicotine free" vapes, etc.). 8.CC.4

Effects & Addiction

1 Analyze how impaired judgement and other effects of substance use impacts personal safety, relationships with friends and family, and current and future success. 8.EA.1

2 Analyze the benefits of remaining substance use free (including vapes). 8.EA.2

3 Evaluate the impact of addiction on individuals, families, and communities including physical, emotional, and economic costs. 8.EA.3

4 Explain experimental use and misuse of opioids such as painkiller. Explain the connection to addiction and use of substances such as heroin. 8.EA.4

Refusal & Risk Reduction

1 Apply effective communication strategies to avoid the potential to become addicted to harmful substances and corresponding negative consequences. 8.RR.1

2 Describe effective ways to avoid riding in a vehicle with someone driving under the influence of alcohol or other drugs. 8.RR.2

Community Resources and Substance Use Recovery

1 Develop strategies for informing the public of the dangers associated with substance abuse. 8.CRR.1

Mental, Emotional, Social Health

Mental Health

1 Practice activities that promote good self-esteem and positive body image. 8.MH.1

2 Demonstrate healthy ways to maintain good mental health (walking, breathing exercises, good nutrition, sleep). 8.MH.2

3 Discuss when and how to get help with mental, emotional, social health and identify school and community resources. 8.MH.3

4 Describe common mental health conditions, signs and symptoms, and the importance of seeking help. 8.MH.4

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5 Create a plan of healthy coping skills to use when faced with stress, loss, depression, and anxiety. 8.MH.5

Conflict Resolution

1 Demonstrate effective conflict management and resolution skills in hypothetical situations. 8.CR.1

2 Discuss strategies to implement when communicating with others that have differing beliefs and values. 8.CR.2

3 Utilize family, school, and community resources to avoid or reduce mental, emotional, social health risks (e.g., bullying, harassment). 8.CR.3

4 Analyze techniques that are used to pressure someone to engage in or be a target of violent behavior. 8.CR.4

5 Design nonviolent solutions to conflicts based on respect for others. 8.CR.5

Social Health

1 Analyze how changes in family structure can impact personal decision making. 8.SH.1

2 Analyze the similarities and differences between friendships and romantic relationships. 8.SH.2

2 Analyze how internal and external influences affect growth and development in relationships (including abuse, neglect, dysfunction) and sexual behavior. 8.SH.2

4 Analyze the impact a positive experience can have on an individual struggling with trauma. 8.SH.4

5 Analyze situations that may call for acts of caring among friends or require getting help from trusted adults. 8.SH.5

6 Create a plan to seek help for a mental, emotional, social health problem from a trusted adult for self or others. 8.SH.6