Washington Health and Physical Education

Health: Grade 8

Adopted 2016

Wellness

1. Dimensions of Health

8. Analyze interrelationships of personal dimensions of health. H1.W1.8

2. Disease Prevention

a. Analyze how personal choices contribute to communicable and noncommunicable diseases. H7.W2.8.A

b. Assess personal health behaviors that reduce or prevent health risks. H7.W2.8.B

3. Analyzing Influences

8. Describe how values, media, and technology influence health decisions and behaviors. H2.W3.8

4. Access Valid Information

8. Investigate local valid and reliable health and wellness information. H3.W4.8

5. Communication

8. Demonstrate communication skills to enhance health and avoid or reduce health risks. H4.W5.8

6. Decision-Making

8. Demonstrate a decision-making model to make a personal health-enhancing choice. H5.W6.8

7. Goal-Setting

8. Describe various short- and long-term goals that can be used to enhance health. H6.W7.8

Safety

1. Injury Prevention

8. Advocate for safety and injury prevention. H8.SA1.8

8. Describe how some health risk behaviors influence safety and injury prevention practices. H2.SA1.8

Skip to main content

2. **First Aid**
    a. Practice basic first aid skills. H7.SA2.8.A
    b. Demonstrate CPR and AED procedures. H7.SA2.8.B

3. **Violence Prevention**
    8. Differentiate between passive, aggressive, and assertive communication. H4.SA3.8
    a. Analyze causes and effects of violence on individuals, families, and communities. H1.SA3.8.A
    b. Explain how bystanders can help prevent, reduce, and avoid violence. H1.SA3.8.B
    c. Describe potential dangers of sharing personal information through electronic media. H1.SA3.8.C

Nutrition

1. **Food Groups and Nutrients**
    8. Investigate valid and reliable nutrition information, products, and services. H3.N1.8
    a. Compare and contrast nutritional value of fresh versus processed foods. H1.N1.8.A
    b. Explain effects of eating patterns on growth and development, and on physical, mental, and academic performance. H1.N1.8.B

2. **Beverages**
    8. Develop a message to persuade someone to make healthy beverage choices. H8.N2.8

3. **Label Literacy**
    8. Draw conclusions from Nutrition Facts labels and make recommendations for healthy choices. H3.N3.8

4. **Caloric Intake and Expenditure**
    8. Conduct a personal caloric needs assessment, based on age, gender, activity levels, and specific health requirements, to develop an eating plan. H7.N4.8

5. **Disease Prevention**
    8. Evaluate a variety of eating plans and determine potential short-term and long-term consequences based on nutritional intake. H1.N5.8

6. **Nutritional Planning**
    8. Assess personal food and beverage intake based on recommended individual needs. H7.N6.8
    8. Create short- and long-term goals to establish healthy eating patterns. H6.N6.8
    8. Investigate strategies to overcome barriers to achieving a personal goal to improve healthy eating behaviors. H3.N6.8

Skip to main content

Sexual Health

1. **Anatomy, Reproduction, and Pregnancy**
   a. Summarize reproductive systems and their functions, including the path of an egg during ovulation and the path of sperm during ejaculation. H1.SE1.8.A
   b. Identify physical, emotional, and social effects of sexual activity. H1.SE1.8.B

2. **Puberty and Development**
   8. Describe the physical, social, mental, and emotional changes that occur during adolescence. H1.SE2.8

3. **Self-Identity**
   8. Recognize external influences that shape attitudes about gender identity, gender expression, and sexual orientation. H2.SE3.8

4. **Prevention**
   a. Summarize ways to prevent pregnancy and STDs. H1.SE4.8.A
   b. Summarize signs, symptoms, potential impact, and treatment of STDs. H1.SE4.8.B
   c. Compare and contrast potential outcomes of risk behaviors and protective factors. H1.SE4.8.C
   8. List steps to using a condom correctly. H7.SE4.8
   8. Identify medically accurate resources about contraceptive methods, STDs/HIV, and pregnancy. H3.SE4.8
   8. Use a decision-making model to make a health-related decision. H5.SE4.8
   8. Describe personal role in protecting one's own sexual and reproductive health. H7.SE4.8

5. **Healthy Relationships**
   8. Analyze the impact of technology and social media on friendships and relationships. H2.SE8.8
   a. Explain how to build and maintain healthy family, peer, and dating relationships. H1.SE5.8.A
   b. Define sexual consent and identify ways that consent can be communicated and accepted. H1.SE5.8.B
   8. Develop a plan to communicate and maintain personal boundaries and values. H6.SE5.8

Skip to main content

6. **Washington State Laws**
    a. Understand laws related to accessing sexual health care services. H1.SE6.8.A
    b. Identify state laws related to sexual offenses, including when a minor is involved. H1.SE6.8.B
    c. Explain consequences of sharing sexually explicit pictures or messages. H1.SE6.8.C
    8. Understand importance of personal responsibility for sexual decisions. H7.SE6.8

Social Emotional Health

1. **Self-Esteem**
    8. Compare characteristics of high and low self-esteem and impacts on health. H1.SO1.8
    8. Demonstrate ability to make choices that positively impact self-esteem. H7.SO1.8

2. **Body Image and Eating Disorders**
    8. Explain how body image influences eating disorders. H2.SO2.8
    8. Identify signs, symptoms, and consequences of eating disorders. H1.SO2.8

3. **Stress Management**
    8. Analyze effects of eustress and distress. H1.SO3.8
    8. Evaluate personal stress management techniques. H7.SO3.8

4. **Expressing Emotions**
    8. Demonstrate ways to manage or resolve interpersonal conflict. H4.SO4.8
    8. Compare and contrast the influence of family, culture, and media on how emotions are expressed. H2.SO4.8

5. **Harassment, Intimidation, and Bullying**
    8. Advocate for a bully-free school and community environment. H8.SO5.8
    a. Describe possible consequences of harassment, intimidation, and bullying. H1.SO5.8.A
    c. Understand connection between bullying and harmful behaviors including suicide. H1.SO5.8.C

Skip to main content

6. Emotional, Mental, and Behavioral Health

8. Identify valid and reliable emotional and mental and behavioral health supports and services available to youth age 13 and older. H3.SO6.8

a. Explain causes, symptoms, and effects of emotional and mental and behavioral health disorders. H1.SO6.8.A

b. Recognize signs that someone may be at risk of committing suicide. H1.SO6.8.B

d. Recognize stigma as it relates to emotional and mental and behavioral health. H1.SO6.8.D

Substance Use and Abuse

1. Use and Abuse

8. Analyze factors that influence substance use and abuse. H2.SU1.8

8. Compare and contrast sources of information on substance use. H3.SU1.8

8. Explain classifications of substances. H1.SU1.8

2. Effects

8. Describe how substance abuse affects dimensions of health. H1.SU2.8

3. Prevention

a. Apply refusal skills to avoid substance use. H7.SU3.8.A

b. Demonstrate behaviors and practices to prevent substance use and improve the health of oneself and others. H7.SU3.8.B

8. Create a drug-free message for school. H8.SU3.8

4. Treatment

8. Investigate local services for those affected by substance abuse. H3.SU4.8

5. Legal Consequences

8. Describe short- and long-term legal consequences of substance use and the effects on personal goals. H6.SU5.8