

Grade 8

Health Promotion and Disease Prevention

- 1** Apply sound nutritional principles to healthy food choices (e.g., whole foods, menu preparation, nutrition labels). [WE.8.1](#)
- 2** Analyze the effects of risky behaviors on body systems and wellness (e.g., substance abuse, processed and high sugar foods). [WE.8.2](#)
- 3** Label and explain the functions of the body systems (e.g., circulatory, skeletal, reproductive, digestive). [WE.8.3](#)
- 4** Determine the risk factors that lead to teen pregnancy, HIV/AIDS, HBV, and other STDs/STIs. [WE.8.4](#)
- 5** Recognize behaviors that protect and keep the male and female reproductive systems healthy. [WE.8.5](#)

Culture, Media, and Technology

- 6** Identify cultural influences on health behaviors (e.g., nutrition, hygiene, relationships, medical, drug use). [WE.8.6](#)
- 7** Discuss the use of technology and its positive and negative impact on health (e.g., video games, computers, cell phones, medical information and advancements). [WE.8.7](#)
- 8** Describe how bullying can have a negative impact on quality of life. [WE.8.8](#)
- 9** Discuss the importance of respecting individual differences (e.g., race, religion, size, age, sex, gender identity). [WE.8.9](#)

Health Information and Service

- 10** Research how health information, products, and services are financed (e.g., government, consumers, trusts). [WE.8.10](#)
- 11** Research products advertised to enhance health and analyze the accuracy of information provided (e.g., vitamins, supplements, dietary aids). [WE.8.11](#)
- 12** Evaluate the dangers of opioid use, the addictive characteristics of opioids, and safer alternatives to treat pain. [WE.8.12](#)

Communication

- 13** Demonstrate ways to exhibit care, consideration, and respect for self and others. [WE.8.13](#)

14 Develop a variety of positive coping mechanisms/conflict resolution skills (e.g., negotiation, peer-mediation, non-violent strategies). WE.8.14

15 Compare and contrast various refusal and negotiation skills to avoid or reduce risky and harmful health behaviors (e.g., pregnancy, drunk driving, STDs/STIs, dating violence, harassment, alcohol, tobacco, and other drugs). WE.8.15

16 Practice communication skills necessary for healthy relationships (e.g., courtesy, manners, respect, conflict resolution). WE.8.16

Decision Making

17 Develop healthy practices regarding health-related issues (e.g., nutrition, weight control, exercise, prescription drugs). WE.8.17

18 Predict potential outcomes of health-related decisions (e.g., alcohol, tobacco, and other drug use, nutrition, seatbelts and positioning in various modes of transportation). WE.8.18

19 Develop decision-making skills needed to protect against communicable and noncommunicable diseases. WE.8.19

20 Distinguish between options that are healthy and unhealthy. WE.8.20

21 Apply the steps to the decision-making process to solve problems. WE.8.21

Goal Setting

22 Assess personal health practices (e.g., safety, diet, exercise, sleep, alcohol, tobacco, and other drug use). WE.8.22

23 Discuss the importance of the goal setting process in designing strategies to quit unhealthy and risky behaviors. WE.8.23

24 Design a personal health goal and track progress toward its achievement (e.g., exercise, weight control, dental care). WE.8.24

25 Determine how personal health goals and practices can vary as priorities change (e.g., family illness, death of close friend, personal tragedy, maturity). WE.8.25

Health Behaviors

26 Distinguish between safe and risky or harmful behaviors in relationships (e.g., abuse, date rape, peer pressure, gang membership). WE.8.26

27 Examine the differences between safe and risky behaviors, including methods for preventing pregnancy and STDs/STIs (e.g., abstinence, birth control). WE.8.27

28 Explain protective behaviors used to avoid and reduce threatening situations (e.g., anger, bullying, harassment, gang membership, eating disorders). WE.8.28

29 Design strategies to reduce stress, anxiety, and depression. WE.8.29

30 Create good health practices to improve personal and family health (e.g., hygiene, nutrition, food preparation, family time). [WE.8.30](#)

31 Demonstrate hands only CPR, AED, and first aid procedures. [WE.8.31](#)

Advocacy

32 Work cooperatively to advocate for healthy individuals, families, communities, and schools (e.g., health organizations, local health fairs). [WE.8.32](#)

33 Identify ways in which health messages and communication techniques can be altered for different audiences (e.g., age, gender, life experiences). [WE.8.33](#)

34 Explain how to encourage others to make positive health choices [WE.8.34](#)

35 Explain the need for legislation to protect and promote personal safety and health (e.g., traffic laws, health departments). [WE.8.35](#)

36 Recognize and promote environmental practices that will preserve natural resources for personal and community health. [WE.8.36](#)

37 Analyze results of national or state youth risk behavior survey information. [WE.8.37](#)
