

## Course/Grade Level: Eighth Grade Health Curriculum

**Focus:** Students will evaluate the importance of a physically active lifestyle, concepts of human sexuality, substance abuse, personal relationships, and demonstrate how choices in each area affect health. Students will demonstrate CPR skills and the use of an AED.

### **H.8.1 Students will explain the relationship between health and wellness.**

Students will...

- H.8.1.1 describe how physical, emotional, social, and mental health affects wellness. (MS.1.1)
- H.8.1.2 describe how spiritual and environmental health affects wellness. (MS.1.1)
- H.8.1.3 state how influences (personal values, peers, and the media) affect health and making healthy choices. (MS.1.3)
- H.8.1.4 identify life skills and their effect on health (assessing health, making good decisions, setting goals, using refusal skills, communicating effectively, coping, evaluating media messages, practicing wellness, and being a wise consumer).
- H.8.1.5 critique sources of health information and determine how valid the information is. (MS.2.2)

### **H.8.2 Students will analyze the effects of stress and identify key aspects of mental and emotional health, including mental illnesses.** *(Supported by Guidance)*

Students will...

- H.8.2.1 identify that stress is a natural part of life and how it affects them. (MS.1.2)
- H.8.2.2 identify defense mechanisms used to cope with stress. (MS.3.2)
- H.8.2.3 understand how to manage stress and prevent distress. (MS.3.7)
- H.8.2.4 learn how to understand, express, and cope with emotions.
- H.8.2.5 understand what mental illness is and distinguish between anxiety, mood, and thought disorders.
- H.8.2.6 distinguish between depression and sadness and learn how to deal with the danger of suicide.
- H.8.2.7 describe how to get help for emotional problems.

### **H.8.3 Students will describe ways to test and assess physical fitness and to set physical fitness goals.**

Students will...

- H.8.3.1 independently design and improve an assessment and intervention plan for their individual health, focusing on physical activity. (MS.3.1)
- H.8.3.2 independently use a decision-making model to draw conclusions and demonstrate effective goal-setting. (MS.6.1)
- H.8.3.3 analyze a personal health assessment to determine healthy strengths and risks. (MS.3.2)
- H.8.3.4 discuss three principles of conditioning, aerobic and anaerobic exercise, sports skills, and injury prevention.
- H.8.3.5 identify the warning signs of over-commitment, overtraining, overuse injuries, and the possibility of walking away from a sport.

### **H.8.4 Students will identify changes that occur during puberty and analyze sexual responsibilities. (Supported by Project TEEN)**

Students will...

- H.8.4.1 explore how their bodies change physically and how their mental abilities and emotions change during puberty.
- H.8.4.2 define abstinence and evaluate “the case for waiting.”
- H.8.4.3 identify the negative emotional consequences of early sex and self respect.
- H.8.4.4 describe how alcohol affects choices regarding sex and self-respect.
- H.8.4.5 identify Sexually Transmitted Infections (STI)s, how they are spread, and other serious health consequences.
- H.8.4.6 identify the health consequences of pregnancy (maternal health, infant mortality, birth defects, poverty, dropouts).
- H.8.4.7 identify facts and common myths regarding HIV and AIDS.
- H.8.4.8 understand sources of sex pressure, self-discipline, and setting limits.
- H.8.4.9 exhibit courage and decision-making skills in order to maintain abstinence.

**H.8.5 Students will demonstrate a thorough understanding of the risks, prevention, and possible outcomes of intentional and unintentional injuries, focusing on date rape, assault, and suicide. (Supported by Project TEEN)**

Students will...

- H.8.5.1 define sexual abuse and exploitation.
- H.8.5.2 compare and contrast date rape and rape.
- H.8.5.3 explain how to report any type of abuse.
- H.8.5.4 give examples of prevention strategies.
- H.8.5.5 select surviving strategies and name ways of getting help.

**H.8.6 Students will explain the negative effects of substance abuse on the body, the family, and society. (Supported by Project TEEN and Guidance)**

Students will...

- H.8.6.1 identify the short and long-term health risks and consequences involved in substance use. (MS.1.1)
- H.8.6.2 identify the effects of substance abuse on the quality of life for both the substance abuser and their family. (MS.1.2, 1.3)
- H.8.6.3 describe types of substances that are abused. (MS.1.1)
- H.8.6.4 identify and analyze advertisements that promote tobacco and alcohol. (MS.2.2, 4.2)
- H.8.6.5 identify the types of treatment programs that are available for addicts and the families of addicts. (MS.2.3)

**H.8.7 Students will demonstrate skills to become certified in CPR and the use of an AED.**

Students will...

- H.8.7.1 identify and demonstrate steps to take before giving care to a victim.
- H.8.7.2 demonstrate how to check an ill or injured person.
- H.8.7.3 demonstrate procedures for breathing emergencies and conscious choking victims.
- H.8.7.4 demonstrate rescue breathing for children and infants.

- H.8.7.5 recognize the signals of a cardiac emergency.
- H.8.7.6 demonstrate procedures for CPR and for the unconscious choking victim, including the use of an Automated External Defibrillator (AED).