

Health Mastery Outcomes

8th Grade – Students will analyze the relationship of responsible decision-making to wellness.

- H.8.1 – Students will investigate the connection between responsible decision-making and reducing health risks.
 - H.8.1.1. – Explain the connection between setting realistic health goals and wellness.
 - H.8.1.2. – Propose steps to increase self-esteem.
 - H.8.1.3. – Summarize the importance of abstinence from risky behaviors to teenagers.
 - H.8.1.4. – Describe ways to manage stress and how that contributes to wellness.
 - H.8.1.5. – Identify various types of mental (anxiety) disorders.
 - H.8.1.6. – Describe warning signs of suicide and propose a proper response

- H.8.2 – Students will investigate communication and conflict resolution skills and their relationship to social health.
 - H.8.2.1. – Demonstrate assertiveness techniques and refusal skills that can promote self-esteem and social health
 - H.8.2.2. – Recommend how to handle strong emotions and resolve conflicts in healthy ways.
 - H.8.2.3. – Describe the connection between communication skills and healthy relationships with family and friends.
 - H.8.2.4. – Differentiate between healthy and harmful relationships
 - H.8.2.5. – Identify available resources for mental/emotional and social health, including dysfunctional families and peer relationships.

- H.8.3 – Students will outline physical, mental and social changes of the various changes of life (growth and development).
 - H.8.3.1. – Explain the importance of choosing health enhancing behaviors for proper growth and development.
 - H.8.3.2. – Summarize the basic anatomy and physiology of reproduction, pregnancy, and childbirth.
 - H.8.3.3. – Give examples for the various physical, mental and social changes that occur in different stages of life.

- H.8.4 – Students will demonstrate how to personalize the food pyramid and plan healthy meals.
 - H.8.4.1. – Recommend ways to eat healthy when eating convenience or “fast” foods.
 - H.8.4.2. – Justify the importance of limiting certain foods (fats, sodium, cholesterol, sugars, and caffeine).
 - H.8.4.3. – Demonstrate how to personalize the food pyramid to obtain/maintain a healthy weight.
 - H.8.4.4. – Evaluate the relationship between nutrition, body image, and disease.
 - H.8.4.5. – Summarize the importance of food labeling information.
 - H.8.4.6. – Explain various physical, mental and social effects of eating disorders.

- H.8.5 – Students will evaluate behaviors that reduce the risk of common communicable & non-communicable diseases
 - H.8.5.1. – Students will describe common STD's and assess methods of prevention.
 - H.8.5.2. – Summarize the causes of non-communicable disease and propose possible preventions
 - H.8.5.3. – Explain common chronic diseases and treatments available to control or alleviate effects.

- H.8.6 – Students will analyze the various effects of substance abuse to predict their financial, criminal, physical, mental and social implications.
 - H.8.6.1 – Describe factors that may influence the effects of drugs.
 - H.8.6.2 – Evaluate various resources available for drug information, intervention, counseling, and rehabilitation.
 - H.8.6.3 – Categorize the various effects of substance abuse and predict their implications for the individual and community.

- H.8.7 – Students will demonstrate cardiopulmonary resuscitation (CPR) and basic first aid procedures for common injuries.
 - H.8.7.1 – Show proper procedural steps for cardiopulmonary resuscitation, airway obstruction, and use of an AED
 - H.8.7.2 – Distinguish between non-emergency and emergency situations and explain proper response.