

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. Analyze internal and external influences on health to determine their relationship to responsible decision-making and risky behaviors.

H.8.1.3. Describe the problems and risks of teenage pregnancy.

H.8.1.4. Summarize the importance of abstinence from risky behaviors (i.e. sexual, substance use) to teenagers.

H.8.1.5. Identify and defend the importance of criteria for becoming a wise consumer of health products and services.

H.8.1.6. Give examples of resources to protect the consumer from unsafe products or services (i.e. quackery).

H.8.2 Students will examine self-esteem to discover how it affects emotions and behaviors.

H.8.2.1. Propose steps to increase self-esteem.

H.8.2.2. Differentiate between those factors that contribute to good mental health and those that are detrimental.

H.8.2.3. Defend the connection between stress management and wellness.

H.8.2.5. Describe warning signs of suicide and propose a proper response.

H.8.2.6. Identify various types of mental disorders.

H.8.2.7. Explain the connection between media, self-esteem, and adolescent decision-making/behavior.

H.8.3 Students will investigate communication and conflict resolution skills and their relationship to social health.

H.8.3.1. Demonstrate assertiveness techniques and refusal skills that can promote self-esteem.

H.8.3.2. Recommend how to handle strong emotions and resolve conflicts in healthy ways.

H.8.3.3. Describe the connection between communication skills and healthy relationships with family and friends.

H.8.3.4. Differentiate between healthy and harmful relationships.

H.8.3.5. Construct a list of available resources for mental/emotional and social health, including dysfunctional families and peer relationships.

H.8.4 Students will outline physical, mental and social changes of the various stages of life, and predict possible accommodations and modifications for these changes.

H.8.4.1. Summarize the importance of choosing health enhancing behaviors for proper growth and development.

H.8.4.2. Explain the physical, mental and social changes of adolescence.

H.8.4.3. Give examples of accommodations necessary for various physical, mental and social changes of the different stages of life.

H.8.5. Students will demonstrate how to personalize the new food pyramid and plan healthy meals.

H.8.5.1. Examine necessary guidelines to plan healthy meals.

H.8.5.2. Recommend ways to eat healthy when eating convenience or “fast” foods.

H.8.5.3. Justify the importance of limiting certain foods (such as those containing certain fats, sodium, cholesterol, sugars, and caffeine.)

H.8.5.4. Demonstrate how to personalize the food pyramid.

H.8.5.5. Evaluate the relationship between nutrition and disease.

H.8.5.6. Analyze the relationship of food intake to calories and activity.

H.8.6 Students will evaluate health behaviors that reduce the risk of common communicable and non-communicable diseases.

H.8.6.1. Describe common STD’s and assess methods of prevention.

H.8.6.2. Summarize the causes of non-communicable disease (in particular, the #1 and #2 killers in the U.S.-heart disease and cancer) and propose possible preventions.

H.8.6.3. Explain common chronic diseases and treatments available to control or alleviate effects.

H.8.6.4. Give examples of voluntary, professional and government health organizations that protect against diseases.

H.8.6.5. Understand the various physical, mental and social effects of eating disorders.

H.8.7 Students will analyze the various effects of substance abuse to predict their financial, criminal, physical, mental and social implications.

H.8.7.1. Describe factors that may influence the effects of drugs.

H.8.7.2. Evaluate various resources available for drug counseling, intervention, rehabilitation and information.

H.8.7.3. Categorize the various effects of substance abuse and predict their implications for the individual and community.

H.8.7.4. Investigate current trends in drug and alcohol use among adolescents/young adults.

H.8.7.5. Assess the effectiveness of refusal skills against negative peer pressure.

H.8.8 Students will examine factors that contribute to violence and recommend preventative measures.

H.8.8.1. Examine common risky behaviors related to adolescence to determine their connection to violence.

H.8.8.2. Differentiate between neglect and abuse.

H.8.8.3. Evaluate various individual, school and community measures to promote safety and prevent violence.

H.8.8.4. Identify available resources for victims of abuse/neglect/violence.

H.8.9 Students will demonstrate basic first aid procedures for common emergencies, including cardiopulmonary resuscitation.

H.8.9.1. Determine appropriate safety measures for individual and community health.

H.8.9.2. Distinguish between non-emergency and emergency situations and explain the proper response (including necessary bystander first aid).

H.8.9.3. Show the proper procedural steps for cardiopulmonary resuscitation.