



**HEALTH
GRADE EIGHT**



**Health - Grade 8
17.00900**

Course Description: Health literacy is the capacity of individuals to obtain, interpret and understand basic health information and services and the competence to use such information and services in the ways which enhance health. The health literate person is a critical thinker and problem solver, a responsible, productive citizen, a self-directed learner and an effective communicator.

Course Standard 1

Students will comprehend concepts related to health promotion and disease prevention to enhance health

- H81.a: List factors that contribute to the development of positive self-esteem
- H81.b: Brainstorm decisions that teenagers have to make that could either support or hurt another person's feelings.
- H81.c: Compare and contrast drug categories (stimulant/depressant/hallucinogen etc.) and their effects on the central nervous system.
- H81.d: Analyze the effects of stimulants, depressants, and narcotics on the body.
- H81.e: Analyze the effects of date rape drugs (Rohypnol, Gamma Hydroxy Butyrate (GHB) and Ketamine Hydrochloride on the body.
- H81.f: Analyze the effects binge drinking has on a person's body systems and on their personal relationships.
- H81.g: Analyze the effects alcohol has on the developing fetus (fetal alcohol syndrome)
- H81.h: Compare fast food and healthy food choices on nutritional intake for calories, fat, and sodium
- H81.i: Identify the five components of health-related fitness
- H81.j: Identify physical activities that contribute to maintaining or improving health related fitness
- H81.k: Examine Cyber bullying and the internet and discuss the impact I has on personal safety.
- H81.l: Compare the physical, social, and emotional changes of the body during puberty
- H81.m: Analyze the emotional effects of premarital sexual involvement on the individual (worry, regret, lowered self-esteem, fear, and depression)
- H81.n: Identifies threats to personal safety (i.e. child abuse, sexual and physical abuse, neglect and emotional abuse)
- H81.o: Compare and contrast causes, symptoms, and treatment of common communicable diseases.
- H81.p: Describe the structures and functions of the pituitary gland and the glands of the endocrine system
- H81.q: Summarize the role hormones play in maturity and function of the reproductive system for both males and females
- H81.r: Compare the physical, emotional and social changes during puberty.
- H81.s: Explain basic structures and functions of the male and female reproductive systems
- H81.t: Female students explain the cycle of menstruation
- H81.u: Male students explain nocturnal emissions
- H81.v: Describe the process of fertilization
- H81.w: Analyze peer pressure to engage in risky behaviors
- H81.x: Compare and contrast causes, symptoms, methods of transmission, and treatment of sexually transmitted diseases including A.I.D.S./H.I.V.

Course Standard 2

Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors

- H82.a: Identify ways to eliminate the influence of technology on risky behaviors
- H82.b: Recognize how risky behaviors and influenced by group pressures (e.g., community, media, and peers).

- H82.c: Evaluate how the media (music, magazines, television, and internet) influences teenager's sexual behaviors in a negative way.
- H82.d: Evaluate the media's influence on nutritional and fitness habits
- H82.e: Analyze the media's influence on body image and self-esteem.

Course Standard 3

Students will demonstrate the ability to access valid information and products and services to enhance

- H83.a: Define and describe eating disorders and know local resources people can get help who suffer from these disorders http://www.youngwomenshealth.org/eating_disorders.html
- H83.b: Describe treatment options and local resources for substance abuse.
- H83.c: Analyze the accuracy of disease prevention claims.

Course Standard 4

Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks

- H84.a: Distinguish between positive and negative peer pressure related to alcohol and drug use needed to help others make positive choices.
- H84.b: Know and use refusal skills (in scenarios) to prevent substance abuse
- H84.c: Plan positive ways to help friends deal with group pressure related to gangs, bullying, and prejudice
- H84.d: Demonstrate refusal and assertiveness skills needed to avoid risky behaviors

Course Standard 5

Students will demonstrate the ability to use decision-making skills to enhance health

- H85.a: Apply the decision-making process in a role-play scenario when being pressured to do something that is bad for your health.

Course Standard 6

Students will demonstrate the ability to use goal-setting skills to enhance health

- H86.a: Apply S.M.A.R.T. Goals to enhance mental and emotional health
- H86.b: Set personal nutritional goals based upon their nutritional intake and energy expenditure <http://www.cnpp.usda.gov/MyPyramidTracker.html>

Course Standard 7

Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks

- H87.a: Know and apply several strategies
- H87.b: Plan nutritious food choices bases upon the Food Guide
<http://www.mypyramidtracker.gov/planner/launchPage.aspx>
- H87.c: Identify unsafe situations on the internet and design steps to be safe
- H87.d: Demonstrate First Aid Skills for broken bones and severe bleeding.
- H87.e: Plan ways to provide honesty, respect, and self-discipline for healthy dating relationships
- H87.f: Demonstrate refusal and negotiation skills that avoid or reduce health risks

Course Standard 8

Students will demonstrate the ability to advocate for personal, family, and community health

- H88.a: Identify sources of support for you and your family for various health issues.
- H88.b: State a health-enhancing position on a topic and support it with accurate information.

