

Grade Eight Health

Big Idea: Nutrition

Essential Questions:

- What is nutrition and why is what we eat and how much we eat important to being healthy?
- What is the food guide pyramid and how can it help make wise food choices?

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

- Analyze the relationship between healthy behaviors and personal health.
- Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence.
- Analyze how the environment affects personal health.
- Describe how family history can affect personal health.
- Describe ways to reduce or prevent injuries and other adolescent health problems.
- Explain how appropriate health care can promote personal health.
- Describe the benefits of and barriers to practicing healthy behaviors.
- Examine the likelihood of injury or illness if engaging in unhealthy behaviors.

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

- Examine how the family influences the health of adolescents.
- Describe the influence of culture on health beliefs, practices and behaviors.
- Describe how peers influence healthy and unhealthy behaviors.
- Analyze how the school and community can affect personal health practices and behaviors.
- Analyze how messages from media influence health behaviors.
- Explain how the perceptions of norms influence healthy and unhealthy behaviors.
- Explain the influence of personal values and beliefs on individual health practices and behaviors.
- Explain how school and public health policies can influence health promotion and disease prevention.

Standard: Students will demonstrate the ability to access valid information and products and services to enhance health.

- Analyze the validity of health information, products and services.
- Access valid health information from home, school, and community.
- Determine the accessibility of products that enhance health.
- Locate valid and reliable health products and services.

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

- Identify circumstances that can help or hinder healthy decision making.

- Determine when health-related situations require the application of a thoughtful decision making process.
- Distinguish between healthy and unhealthy alternatives to health-related issues or problems.
- Predict the potential short-term impact of each alternative on self and others.
- Choose healthy alternatives over unhealthy alternatives when making a decision.
- Analyze the outcomes of a health related decision.

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

- Explain the importance of assuming responsibility for personal health behaviors.

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

- State a health enhancing position on a topic and support it with accurate information.

Big Idea: Mental Illnesses

Essential Questions:

- What are mental illnesses, why is it important to learn about mental illnesses and how do they impact personal health?

Objectives:

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

- Analyze the relationship between healthy behaviors and personal health.
- Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence.
- Analyze how the environment affects personal health.
- Describe how family history can affect personal health.
- Describe ways to reduce or prevent injuries and other adolescent health problems.
- Explain how appropriate health care can promote personal health.
- Examine the likelihood of injury or illness if engaging in unhealthy behaviors.

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

- Examine how the family influences the health of adolescents.
- Describe the influence of culture on health beliefs, practices and behaviors.
- Describe how peers influence healthy and unhealthy behaviors.
- Analyze how the school and community can affect personal health practices and behaviors.
- Explain how the perceptions of norms influence healthy and unhealthy behaviors.

Standard: Students will demonstrate the ability to access valid information and products and services to enhance health.

- Access valid health information from home, school, and community.
- Describe situations that may require professional health services.
- Locate valid and reliable health products and services.

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

- Identify circumstances that can help or hinder healthy decision making.

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

- Explain the importance of assuming responsibility for personal health behaviors.
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Big Idea: Neurotransmission

Essential Question:

- What is neurotransmission and how is it impacted by drug use?

Objectives:

National Health Standards

Health Standards (2008): Grades 6-8

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- Analyze the relationship between healthy behaviors and personal health.
- Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence.
- Analyze how the environment affects personal health.
- Describe how family history can affect personal health.
- Explain how appropriate health care can promote personal health.
- Describe the benefits of and barriers to practicing healthy behaviors.
- Examine the likelihood of injury or illness if engaging in unhealthy behaviors.
- Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors.

Standard: Students will demonstrate the ability to access valid information and products and services to enhance health.

- Analyze the validity of health information, products and services.
- Access valid health information from home, school, and community.

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

- Explain the importance of assuming responsibility for personal health behaviors.

Big Idea: Alcohol/Drugs

Essential Questions:

- Why is alcohol considered a drug?
- How does alcohol and drug use or abuse affect the body, friends and family?
- How can teens say no to using alcohol and other drugs and where can they get help?

Objectives:

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- Analyze the relationship between healthy behaviors and personal health.
- Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence.
- Describe how family history can affect personal health.
- Describe ways to reduce or prevent injuries and other adolescent health problems.
- Describe the benefits of and barriers to practicing healthy behaviors.
- Examine the likelihood of injury or illness if engaging in unhealthy behaviors.
- Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors.

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

- Examine how the family influences the health of adolescents.
- Describe the influence of culture on health beliefs, practices and behaviors.
- Describe how peers influence healthy and unhealthy behaviors.
- Analyze how the school and community can affect personal health practices and behaviors.
- Analyze how messages from media influence health behaviors.
- Analyze the influence of technology on personal and family health.
- Explain how the perceptions of norms influence healthy and unhealthy behaviors.
- Explain the influence of personal values and beliefs on individual health practices and behaviors.
- Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.
- Explain how school and public health policies can influence health promotion and disease prevention.

Standard: Students will demonstrate the ability to access valid information and products and services to enhance health.

- Analyze the validity of health information, products and services.
- Access valid health information from home, school, and community.
- Determine the accessibility of products that enhance health.
- Describe situations that may require professional health services.
- Locate valid and reliable health products and services.

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

- Apply effective verbal and nonverbal communication skills to enhance health.
- Demonstrate refusal and negotiation skills to avoid or reduce health risks.
- Demonstrate how to ask for assistance to enhance the health of self and others.

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

- Identify circumstances that can help or hinder healthy decision making.
- Determine when health-related situations require the application of a thoughtful decision making process.
- Distinguish between healthy and unhealthy alternatives to health-related issues or problems.
- Predict the potential short-term impact of each alternative on self and others.
- Choose healthy alternatives over unhealthy alternatives when making a decision.
- Analyze the outcomes of a health related decision.

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

- Assess personal health practices.
- Apply strategies and skills needed to attain a personal health goal.
- Describe how personal health goals can vary with changing abilities, priorities, and responsibilities.

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

- Explain the importance of assuming responsibility for personal health behaviors.
- Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.

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

- State a health enhancing position on a topic and support it with accurate information.
- Demonstrate how to influence and support others to make positive health choices.
- Work cooperatively to advocate for healthy individuals, families, and schools.

Big Idea: Healthy Relationships

Essential Questions:

- What is a healthy relationship?
- What is the difference between flirting and harassing behaviors?
- How can technology influence your health?

Objectives:

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

- Analyze the relationship between healthy behaviors and personal health.
- Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence.
- Analyze how the environment affects personal health.
- Describe how family history can affect personal health.
- Describe ways to reduce or prevent injuries and other adolescent health problems.
- Explain how appropriate health care can promote personal health.
- Describe the benefits of and barriers to practicing healthy behaviors.
- Examine the likelihood of injury or illness if engaging in unhealthy behaviors.
- Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors.

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

- Examine how the family influences the health of adolescents.
- Describe the influence of culture on health beliefs, practices and behaviors.
- Describe how peers influence healthy and unhealthy behaviors.
- Analyze how the school and community can affect personal health practices and behaviors.
- Analyze how messages from media influence health behaviors.
- Analyze the influence of technology on personal and family health.
- Explain how the perceptions of norms influence healthy and unhealthy behaviors.
- Explain the influence of personal values and beliefs on individual health practices and behaviors.
- Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.

Standard: Students will demonstrate the ability to access valid information and products and services to enhance health.

- Analyze the validity of health information, products and services.
- Access valid health information from home, school, and community.
- Describe situations that may require professional health services.
- Locate valid and reliable health products and services.

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

- Apply effective verbal and nonverbal communication skills to enhance health.
- Demonstrate refusal and negotiation skills to avoid or reduce health risks.
- Demonstrate effective conflict management or resolution strategies.
- Demonstrate how to ask for assistance to enhance the health of self and others.

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

- Identify circumstances that can help or hinder healthy decision making.
- Determine when health-related situations require the application of a thoughtful decision making process.

- Distinguish when individual or collaborative decision making is appropriate.
- Distinguish between healthy and unhealthy alternatives to health-related issues or problems.
- Predict the potential short-term impact of each alternative on self and others.
- Choose healthy alternatives over unhealthy alternatives when making a decision.

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

- Assess personal health practices.
- Develop a goal to adopt, maintain, or improve a personal health practice.
- Apply strategies and skills needed to attain a personal health goal.
- Describe how personal health goals can vary with changing abilities, priorities, and responsibilities.

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

- Explain the importance of assuming responsibility for personal health behaviors.
- Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.
- Demonstrate behaviors that avoid or reduce health risks to self and others.

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

- State a health enhancing position on a topic and support it with accurate information.
- Demonstrate how to influence and support others to make positive health choices.
- Work cooperatively to advocate for healthy individuals, families, and schools.

Big Idea: Abstinence Unit

Essential Questions:

- What does it mean to practice abstinence?
- What is a sexually transmitted infection and how are STI's spread?
- What are the stages of pregnancy?
- What are the physical, social, and mental effects of pregnancy?

Objectives:

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- Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence.
- Analyze how the environment affects personal health.
- Describe how family history can affect personal health.
- Describe ways to reduce or prevent injuries and other adolescent health problems.
- Explain how appropriate health care can promote personal health.

- Describe the benefits of and barriers to practicing healthy behaviors.
- Examine the likelihood of injury or illness if engaging in unhealthy behaviors.
- Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors.

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

- Examine how the family influences the health of adolescents.
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- Describe how peers influence healthy and unhealthy behaviors.
- Analyze how the school and community can affect personal health practices and behaviors.
- Analyze how messages from media influence health behaviors.
- Explain how the perceptions of norms influence healthy and unhealthy behaviors.
- Explain the influence of personal values and beliefs on individual health practices and behaviors.
- Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.

Standard: Students will demonstrate the ability to access valid information and products and services to enhance health.

- Analyze the validity of health information, products and services.
- Access valid health information from home, school, and community.
- Describe situations that may require professional health services.
- Locate valid and reliable health products and services.

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

- Apply effective verbal and nonverbal communication skills to enhance health.
- Demonstrate refusal and negotiation skills to avoid or reduce health risks.

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

- Identify circumstances that can help or hinder healthy decision making.
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- Analyze the outcomes of a health related decision.

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

- Assess personal health practices.
- Develop a goal to adopt, maintain, or improve a personal health practice.
- Describe how personal health goals can vary with changing abilities, priorities, and responsibilities.

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

- Explain the importance of assuming responsibility for personal health behaviors.
- Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.
- Demonstrate behaviors that avoid or reduce health risks to self and others.

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

- State a health enhancing position on a topic and support it with accurate information.
- Demonstrate how to influence and support others to make positive health choices.