

# Grade 8

## Physical and Personal Wellness CH.8.2

### **1 Demonstrate the ability to make healthy food choices in a variety of settings.** CH.8.2.1

- a Develop strategies for making healthier food and beverage choices in a variety of settings such as eating out, at home, with friends, or at school. CH.8.2.1.A
  - b Describe the influences that impact healthy food choices. CH.8.2.1.B
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### **2 Describe the physical, emotional, mental, and social benefits of sexual abstinence, and develop strategies to resist pressures to become sexually active.** CH.8.2.2

- a Demonstrate the ability to anticipate and minimize exposure to situations that pose a risk to sexual health. CH.8.2.2.A
  - b Demonstrate verbal and nonverbal ways to refuse pressure to engage in unwanted verbal, physical, and sexual activity and advances. CH.8.2.2.B
  - c Define sexual consent and explain why individuals have the right to refuse sexual contact. CH.8.2.2.C
  - d Seek support to be sexually abstinent. CH.8.2.2.D
  - e Develop personal standards for dating situations. CH.8.2.2.E
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### **3 Analyze how certain behaviors place one at greater risk for HIV/AIDS, sexually transmitted diseases (STDs), and unintended pregnancy.** CH.8.2.3

- a Explain the benefits and effectiveness of abstinence in preventing HIV, STDs, and unintended pregnancy. CH.8.2.3.A
- b Explain the benefits and effectiveness and potential side effects of contraceptives in reducing the risk of HIV, other STDs, and unintended pregnancy. CH.8.2.3.B
- c Describe the risk relationship between using alcohol and other drugs and sexual activity. CH.8.2.3.C
- d Demonstrate peer resistance skills and personal boundary behavior. CH.8.2.3.D
- e Examine how healthy relationships can impact one's risk for avoiding STDs. CH.8.2.3.E

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**4 Describe the signs and symptoms of HIV/AIDS and other sexually transmitted diseases (STDs).** CH.8.2.4

- a Describe the signs, symptoms, and transmission of common STDs, including HIV, HPV, and chlamydia. CH.8.2.4.A
- b Explain that some STDs are asymptomatic. CH.8.2.4.B
- c Summarize which STDs can be cured, prevented by vaccine, and be treated. CH.8.2.4.C

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**5 Promote and enhance health through disease prevention.** CH.8.2.5

- a Explain contributing factors to health status. CH.8.2.5.A
- b Analyze the relationship among poor eating habits, inactivity, tobacco and alcohol use, and health status. CH.8.2.5.B
- c Explain the body's response to disuse and other stressors. CH.8.2.5.C
- d Explain how the immune system functions to prevent and combat disease. CH.8.2.5.D
- e Describe the potential health consequences of popular fads or trends. CH.8.2.5.E

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**Social and Emotional Wellness** CH.8.3

**1 Access valid and reliable school and community resources to help with mental and emotional health concerns.** CH.8.3.1

- a Explain that why getting help for mental and emotional health problems is appropriate and sometimes necessary. CH.8.3.1.A
- b Understand that stereotypes exist about mental and emotional problems, and those stereotypes can influence a person's desire to seek help. CH.8.3.1.B
- c Explain when it is necessary and how to seek help for mental and emotional health problems: such as depression, anxiety, self-harm and suicidal ideations, and mood, eating, and sleep disorders. CH.8.3.1.C
- d Determine valid and reliable mental and emotional health resources. CH.8.3.1.D

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**2 Analyze internal and external factors that influence mental and emotional health.** CH.8.3.2

- a Analyze how culture, media, and others influence personal feelings and behaviors. CH.8.3.2.A
- b Describe how personal and family values and feelings influence choices. CH.8.3.2.B
- c Describe strategies to minimize negative influences on mental and emotional health. CH.8.3.2.C
- d Analyze internal factors that contribute to mental and emotional health. CH.8.3.2.D
- e Identify the factors that could negatively influence a person's well-being with regard to depression, suicide, and/or self-harm. CH.8.3.2.E
- f Identify internal and external influences on one's body image. CH.8.3.2.F
- g Describe the signs, symptoms, and consequences of common eating disorders. CH.8.3.2.G

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**Prevention and Risk Management** CH.8.4

**1 Analyze influences that impact individuals' use or non-use of marijuana, illegal drugs, prescription drugs, alcohol, and tobacco.** CH.8.4.1

- a Analyze potential risks and protective factors (e.g., personal, family, and peer) that could impact drug use (marijuana, illegal drugs, prescription drugs, alcohol, and tobacco). CH.8.4.1.A
- b Determine situations that could lead to the drug use (marijuana, illegal drugs, prescription drugs, alcohol, and tobacco). CH.8.4.1.B
- c Describe how mental and emotional health and life circumstances can affect the use of marijuana, illegal drugs, prescription drugs, alcohol, and tobacco. CH.8.4.1.C
- d Determine current cultural and societal drug trends and how they could potentially influence adolescent use or non-use. CH.8.4.1.D

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**2 Access valid sources of information about use of marijuana, illegal drugs, prescription drugs, alcohol, and tobacco.** CH.8.4.2

- a Analyze the validity of information, products, and services related to the use of marijuana, illegal drugs, prescription drugs, alcohol, and tobacco. CH.8.4.2.A
- b Analyze the accuracy of images of use of marijuana, illegal drugs, prescription drugs, alcohol, and tobacco conveyed in the media, including advertisements. CH.8.4.2.B

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**3 Demonstrate decision-making skills to be drug free (marijuana, illegal drugs, abuse of prescription drugs, alcohol, and tobacco).** CH.8.4.3

- a Use a decision-making process to avoid using drugs in a variety of situations (marijuana, illegal drugs, prescription drugs, alcohol, and tobacco). CH.8.4.3.A
- b Analyze choices about using marijuana, illegal drugs, prescription drugs, alcohol, and tobacco and how these choices can affect friends and family. CH.8.4.3.B
- c Develop personal plans to be and drug free. CH.8.4.3.C

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**4 Analyze the factors that influence violent and nonviolent behavior.** CH.8.4.4

- a Identify media and cultural messages that could lead to different types of violence, including relational and sexual violence. CH.8.4.4.A
- b Examine the presence of violence in the media and its possible effects on violent behavior. CH.8.4.4.B
- c Describe how one's beliefs, values, and familial and peer relationships could promote relational violence. CH.8.4.4.C
- d Identify verbal and nonverbal communication that constitutes sexual harassment. CH.8.4.4.D
- e Recognize behaviors that are perceived as sexually coercive, and behaviors that are crimes. CH.8.4.4.E
- f Explain why and how rape and sexual assault should be reported to a parent or trusted adult and appropriate legal authorities. CH.8.4.4.F
- g Formulate a plan to advocate for healthy, violence-free, respectful relationships for one's self and community. CH.8.4.4.G
- h Determine who (adults) to report potentially unsafe behaviors/situations to both inside and outside of school. CH.8.4.4.H

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**5 Demonstrate ways to advocate for a positive, respectful school and community environment that supports pro-social behavior.** CH.8.4.5

- a Use nutritional evidence to describe a healthy diet and an unhealthy diet. CH.8.4.5.A
- b Analyze and describe the relationship among healthy eating, physical activity, and chronic diseases such as obesity, heart disease, cancer, type-2 diabetes, hypertension, and osteoporosis. CH.8.4.5.B
- c Describe the importance of eating a variety of foods to balance nutrient and caloric needs. CH.8.4.5.C
- d Explain the effects of disordered eating and eating disorders on healthy growth and development. CH.8.4.5.D
- e Analyze the relationship between eating behavior and metabolism. CH.8.4.5.E