

# Grades 6, 7, 8

Adopted 2005

**Core Concepts —  
Understand concepts  
related to health  
promotion and disease  
prevention**

**Mental and Emotional Health**

1. Explain the relationship between mental, emotional, social, and physical health [HE.6-8.1.1](#)
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**Healthy Eating and Physical Activity**

2. Describe short- and long-term effects and consequences of poor nutrition and lack of physical activity [HE.6-8.1.2](#)
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**Promoting Safety and Preventing Violence and Unintentional Injury**

3. Describe short- and long-term effects and consequences of violent or aggressive behaviors [HE.6-8.1.3](#)
  4. Describe types and degrees of risk encountered in daily living and formulate strategies to avoid or reduce threatening situations [HE.6-8.1.4](#)
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**Personal Health and Wellness**

8. Describe the body system functions, how they interact with each other, and how they are impacted by health behaviors [HE.6-8.1.8](#)
  9. Identify choices individuals can make to promote or harm their health [HE.6-8.1.9](#)
  10. Identify proper health care and describe how it can prevent premature death and disability [HE.6-8.1.10](#)
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**Tobacco-Free Lifestyle**

5. Describe short- and long-term effects and consequences of tobacco product use [HE.6-8.1.5](#)
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**Alcohol and Other Drugfree Lifestyle**

6. Describe short- and long-term effects and consequences of drinking alcohol and using drugs [HE.6-8.1.6](#)
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**Sexual Health and Responsibility**

7. Describe short- and long-term effects and consequences of sexual activity [HE.6-8.1.7](#)
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**Accessing Information —  
Access valid health  
information and health-  
promoting products and  
services**

**Health Information, Products, and Services Across Topic Areas**

1. Identify when it is necessary to access health services for self and others [HE.6-8.2.1](#)
2. Use appropriate sources to access valid health information, products, and services [HE.6-8.2.2](#)

**Self-Management —  
Practice health-  
enhancing behaviors  
and reduce health risks**

**Mental and Emotional Health**

1. Explain personal preferences for coping and stress management strategies [HE.6-8.3.1](#)

**Personal Health and Wellness**

2. Explain the importance of assuming responsibility for personal health behaviors [HE.6-8.3.2](#)

**Analyzing Influences —  
Understand the  
influences of culture,  
family, peers, media,  
technology, and other  
factors on health**

**Factors Influencing Health Across Topic Areas**

1. Explain the influence of internal and external factors on health outcomes [HE.6-8.4.1](#)

**Interpersonal  
Communication — Use  
interpersonal  
communication skills to  
enhance health**

**Communication Skills Across Topic Areas**

1. Use effective verbal and non-verbal communication skills [HE.6-8.5.1](#)
2. Use effective behaviors that communicate care, consideration, and respect of self and others [HE.6-8.5.2](#)

**Promoting Safety and Preventing Violence and Unintentional Injury**

3. Identify possible causes of disputes connected to personal, family, and community matters [HE.6-8.5.3](#)
4. Apply appropriate conflict resolution strategies to deal with potentially harmful situations [HE.6-8.5.4](#)

**Decision-Making and  
Goal-Setting — Use  
decision-making and  
goal-setting skills to  
enhance health**

**Decision-Making Across Topic Areas**

1. Describe decision-making processes related to health-related decisions [HE.6-8.6.1](#)
2. Assess health-related decisions for consequences that affect oneself and others [HE.6-8.6.2](#)

**Goal-Setting Across Topic Areas**

3. Evaluate personal health strengths and risks to set personal goals [HE.6-8.6.3](#)

**Advocacy — Advocate  
for personal, family, and  
community health**

**Advocacy Across Topic Areas**

1. Use effective strategies to influence and support others in making healthful choices **HE.6-8.7.1**
2. Use appropriate methods to communicate accurate health information and ideas **HE.6-8.7.2**
3. Describe how barriers can affect the communication of information, ideas, feelings, and opinions **HE.6-8.7.3**