

Grade 8

Adopted 2012

Comprehend concepts related to health promotion and disease prevention to enhance health.

Describe causes and effects of stress and identify healthy ways to manage stress.

Explore the changes during adolescence. (physical, mental/emotional, and social).

Identify ways individuals can reduce risk factors related to communicable and chronic diseases.

Identify the various components of the human life cycle.

Analyze the influence of family, peers, culture, media, technology, and other factors on health.

Analyze the positive and negative influences of technology and media on personal and family health.

Describe the influence of cultural beliefs on health behaviors.

Understand peer relationships and their impact on health decisions.

Demonstrate the ability to access valid health information and products and services to enhance health.

Distinguish differences among various health care professionals.

Explain an individual's responsibility in choosing health products and services.

Explain the reasons for public health laws and regulations.

Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Demonstrate ways to cope with interpersonal conflicts.

Practice refusal skills for risk taking behaviors.

Examine ways to promote positive behavior when dealing with individual differences.

Demonstrate the ability to use decision-making skills to enhance health.

Analyze how nutrition affects physical, mental, and emotional development.

Develop a plan that addresses commitment and self-control.

Analyze how health related decisions are influenced by individuals, family, and community values.

Predict how decisions regarding health behaviors have consequences for self and others.

Demonstrate the ability to use goal-setting skills to enhance health.

Create a personal health plan that encourages an active lifestyle.

Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Demonstrate common first aid procedures and identify ways to obtain various sources of help.

Identify regulations and adverse effects of the use and misuse of prescription, over the counter, and illegal drugs.

Identify the six essential nutrients needed by the body and their nutrient sources.

Describe the role the Food and Drug Administration (FDA) plays in the safety of the products we use on a daily bases and how it relates to our health.

Demonstrate practices of making safe choices.

Demonstrate the ability to advocate for personal, family, and community health.

Explain ways to improve community health and techniques for conserving natural resources.

Identify services for people who abuse drugs.

Explain ways students can help friends who may exhibit signs of suicide.