

# Health: Grade 8

Adopted 2016

## Wellness

### 1. Dimensions of Health

- 8. Analyze interrelationships of personal dimensions of health. [H1.W1.8](#)
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### 2. Disease Prevention

- a. Analyze how personal choices contribute to communicable and noncommunicable diseases. [H7.W2.8.A](#)
  - b. Assess personal health behaviors that reduce or prevent health risks. [H7.W2.8.B](#)
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### 3. Analyzing Influences

- 8. Describe how values, media, and technology influence health decisions and behaviors. [H2.W3.8](#)
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### 4. Access Valid Information

- 8. Investigate local valid and reliable health and wellness information. [H3.W4.8](#)
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### 5. Communication

- 8. Demonstrate communication skills to enhance health and avoid or reduce health risks. [H4.W5.8](#)
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### 6. Decision-Making

- 8. Demonstrate a decision-making model to make a personal health-enhancing choice. [H5.W6.8](#)
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### 7. Goal-Setting

- 8. Describe various short- and long-term goals that can be used to enhance health. [H6.W7.8](#)
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## Safety

### 1. Injury Prevention

- 8. Advocate for safety and injury prevention. [H8.SA1.8](#)
- 8. Describe how some health risk behaviors influence safety and injury prevention practices. [H2.SA1.8](#)

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## 2. First Aid

- a. Practice basic first aid skills. [H7.SA2.8.A](#)
  - b. Demonstrate CPR and AED procedures. [H7.SA2.8.B](#)
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## 3. Violence Prevention

- 8. Differentiate between passive, aggressive, and assertive communication. [H4.SA3.8](#)
  - a. Analyze causes and effects of violence on individuals, families, and communities. [H1.SA3.8.A](#)
  - b. Explain how bystanders can help prevent, reduce, and avoid violence. [H1.SA3.8.B](#)
  - c. Describe potential dangers of sharing personal information through electronic media. [H1.SA3.8.C](#)
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## Nutrition

### 1. Food Groups and Nutrients

- 8. Investigate valid and reliable nutrition information, products, and services. [H3.N1.8](#)
  - a. Compare and contrast nutritional value of fresh versus processed foods. [H1.N1.8.A](#)
  - b. Explain effects of eating patterns on growth and development, and on physical, mental, and academic performance. [H1.N1.8.B](#)
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### 2. Beverages

- 8. Develop a message to persuade someone to make healthy beverage choices. [H8.N2.8](#)
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### 3. Label Literacy

- 8. Draw conclusions from Nutrition Facts labels and make recommendations for healthy choices. [H3.N3.8](#)
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### 4. Caloric Intake and Expenditure

- 8. Conduct a personal caloric needs assessment, based on age, gender, activity levels, and specific health requirements, to develop an eating plan. [H7.N4.8](#)
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### 5. Disease Prevention

- 8. Evaluate a variety of eating plans and determine potential short-term and long-term consequences based on nutritional intake. [H1.N5.8](#)
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### 6. Nutritional Planning

- 8. Assess personal food and beverage intake based on recommended individual needs. [H7.N6.8](#)
  - 8. Create short- and long-term goals to establish healthy eating patterns. [H6.N6.8](#)
  - 8. Investigate strategies to overcome barriers to achieving a personal goal to improve healthy eating behaviors. [H3.N6.8](#)
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## Sexual Health

### 1. Anatomy, Reproduction, and Pregnancy

- a. Summarize reproductive systems and their functions, including the path of an egg during ovulation and the path of sperm during ejaculation. [H1.SE1.8.A](#)
  - b. Identify physical, emotional, and social effects of sexual activity. [H1.SE1.8.B](#)
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### 2. Puberty and Development

8. Describe the physical, social, mental, and emotional changes that occur during adolescence. [H1.SE2.8](#)
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### 3. Self-Identity

8. Recognize external influences that shape attitudes about gender identity, gender expression, and sexual orientation. [H2.SE3.8](#)
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### 4. Prevention

- a. Summarize ways to prevent pregnancy and STDs. [H1.SE4.8.A](#)
  - b. Summarize signs, symptoms, potential impact, and treatment of STDs. [H1.SE4.8.B](#)
  - c. Compare and contrast potential outcomes of risk behaviors and protective factors. [H1.SE4.8.C](#)
  8. List steps to using a condom correctly. [H7.SE4.8](#)
  8. Identify medically accurate resources about contraceptive methods, STDs/HIV, and pregnancy. [H3.SE4.8](#)
  8. Use a decision-making model to make a health-related decision. [H5.SE4.8](#)
  8. Describe personal role in protecting one's own sexual and reproductive health. [H7.SE4.8](#)
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### 5. Healthy Relationships

8. Analyze the impact of technology and social media on friendships and relationships. [H2.SE8.8](#)
- a. Explain how to build and maintain healthy family, peer, and dating relationships. [H1.SE5.8.A](#)
- b. Define sexual consent and identify ways that consent can be communicated and accepted. [H1.SE5.8.B](#)
8. Develop a plan to communicate and maintain personal boundaries and values. [H6.SE5.8](#)

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## 6. Washington State Laws

- a. Understand laws related to accessing sexual health care services. [H1.SE6.8.A](#)
  - b. Identify state laws related to sexual offenses, including when a minor is involved. [H1.SE6.8.B](#)
  - c. Explain consequences of sharing sexually explicit pictures or messages. [H1.SE6.8.C](#)
  - 8. Understand importance of personal responsibility for sexual decisions. [H7.SE6.8](#)
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## Social Emotional Health

### 1. Self-Esteem

- 8. Compare characteristics of high and low self-esteem and impacts on health. [H1.S01.8](#)
  - 8. Demonstrate ability to make choices that positively impact self-esteem. [H7.S01.8](#)
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### 2. Body Image and Eating Disorders

- 8. Explain how body image influences eating disorders. [H2.S02.8](#)
  - 8. Identify signs, symptoms, and consequences of eating disorders. [H1.S02.8](#)
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### 3. Stress Management

- 8. Analyze effects of eustress and distress. [H1.S03.8](#)
  - 8. Evaluate personal stress management techniques. [H7.S03.8](#)
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### 4. Expressing Emotions

- 8. Demonstrate ways to manage or resolve interpersonal conflict. [H4.S04.8](#)
  - 8. Compare and contrast the influence of family, culture, and media on how emotions are expressed. [H2.S04.8](#)
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### 5. Harassment, Intimidation, and Bullying

- 8. Advocate for a bully-free school and community environment. [H8.S05.8](#)
- a. Describe possible consequences of harassment, intimidation, and bullying. [H1.S05.8.A](#)
- c. Understand connection between bullying and harmful behaviors including suicide. [H1.S05.8.C](#)

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## 6. Emotional, Mental, and Behavioral Health

- 8. Identify valid and reliable emotional and mental and behavioral health supports and services available to youth age 13 and older. [H3.S06.8](#)
  - a. Explain causes, symptoms, and effects of emotional and mental and behavioral health disorders. [H1.S06.8.A](#)
  - b. Recognize signs that someone may be at risk of committing suicide. [H1.S06.8.B](#)
  - d. Recognize stigma as it relates to emotional and mental and behavioral health. [H1.S06.8.D](#)
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## Substance Use and Abuse

### 1. Use and Abuse

- 8. Analyze factors that influence substance use and abuse. [H2.SU1.8](#)
  - 8. Compare and contrast sources of information on substance use. [H3.SU1.8](#)
  - 8. Explain classifications of substances. [H1.SU1.8](#)
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### 2. Effects

- 8. Describe how substance abuse affects dimensions of health. [H1.SU2.8](#)
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### 3. Prevention

- a. Apply refusal skills to avoid substance use. [H7.SU3.8.A](#)
  - b. Demonstrate behaviors and practices to prevent substance use and improve the health of oneself and others. [H7.SU3.8.B](#)
  - 8. Create a drug-free message for school. [H8.SU3.8](#)
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### 4. Treatment

- 8. Investigate local services for those affected by substance abuse. [H3.SU4.8](#)
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### 5. Legal Consequences

- 8. Describe short- and long-term legal consequences of substance use and the effects on personal goals. [H6.SU5.8](#)