

HCPSS Health Education
Level - Middle
Grade 8 Course Indicators/Objectives

Unit - Substance Abuse Prevention

- Identify the negative physical, social, mental, emotional, legal, financial, and educational effects of abusing over-the-counter and prescription medicines to include opioids.
- Demonstrate the ability to access valid and reliable information about the negative consequences of substance abuse.
- Identify the negative effects of using/abusing marijuana.
- Demonstrate the ability to use decision-making skills to enhance health.
- Choose healthy alternatives over unhealthy alternatives when making a decision.
- Demonstrate the ability to use interpersonal communication skills to avoid/prevent substance use and abuse.
- State a health enhancing position on substance abuse and support it with accurate information.
- Demonstrate how to influence and support others to make positive health choices related to substance use and abuse.
- Defend the benefits of being drug free.

Unit - Disease Prevention & Healthy Eating

- Summarize the benefits of general health practices for promoting wellness and preventing disease to include basic hygiene and handwashing, sleep, rest, physical activity, and accessing healthcare.
- Describe the importance of seeking help and treatment for common infectious diseases and chronic diseases.
- Demonstrate how to seek help and treatment for common infectious diseases and chronic diseases.
- Recognize the negative effects of pollutants on physical health and the environment.
- Describe the transmission, symptoms, consequences, and treatment of STIs including HIV.
- Summarize ways to decrease the spread of STIs including HIV through refraining from sexual intercourse, using condoms consistently and correctly when having sex, and practicing universal precautions.
- Assess personal health practices.
- Demonstrate the ability to use goal-setting skills to enhance health.

Unit - Safety & Violence Prevention

- Describe how some risk behaviors can influence the likelihood of violence and impact personal safety.
- Identify ways to reduce the risk of injury in a motor vehicle (substance use , distracted driving, seat belts, etc).
- Explain how intolerance (bias & prejudice) can lead to violence.
- Explain why it is important to understand the perspectives of others.
- Summarize the negative consequences of sending sexually explicit pictures or messages by email or cell phone or posting sexually explicit pictures on social media sites.
- Identify strategies to use technology and social media safely and respectfully, including laws pertaining to the dissemination of intimate images.
- Develop a personal goal for using technology safely.
- Explain the importance of setting and respecting personal limits/boundaries.
- Define affirmative consent.

- Explain that no one has the right to touch anyone else in a sexual manner if they do not want to be touched.
- Analyze factors, including alcohol and other substances, that can affect the ability to give or perceive consent to sexual activity
- Explain the importance of setting and respecting personal limits/boundaries.
- Define affirmative consent.
- Identify situations where physical, emotional, verbal, or sexual abuse occurs in a person's family including domestic violence.
- Describe situations and behaviors that constitute sexual mistreatment, grooming, harassment, abuse, assault, exploitation, and boundary violations.
- Define boundary violation
- Explain why a person who has been sexually mistreated, groomed, harassed, abused, assaulted, or exploited is not at fault.
- Defend the need to empower and support people who are being harassed or abused.
- Demonstrate the ability to recognize and respond to situations that threaten personal safety.
- Identify a source of support that a person can go to if they or someone they know is being abused or assaulted.
- Demonstrate the ability to recognize and respond to situations that threaten personal safety.
- Identify behaviors of response to sexual harassment of self and others.
- Demonstrate communication skills to manage conflict effectively to reduce violence.
- Demonstrate how to ask for assistance to enhance safety and reduce violence/injury for self and others.
- Distinguish between appropriate and inappropriate verbal and non-verbal interactions.

Unit - Social & Emotional Health

- Evaluate one's personal wellness.
- Reframe a challenge or setback into an opportunity.
- Describe how personal responsibility for one's choices is linked to self-worth and growth.
- Identify strategies to improve dimensions of wellness, including developing strengths and overcoming disappointment.
- Demonstrate behaviors that avoid or reduce social and emotional health risks to self and others.
- Analyze the risks of impulsive behaviors. (fighting, showing off, humiliating others, posting inappropriate information)
- Identify that addiction is long-term compulsive behavior despite negative consequences.
- Evaluate how sharing or posting personal information electronically about self or others on social media sites can negatively impact social and emotional health.
- Explain how intolerance can affect others.
- Demonstrate empathy to others who have different views and beliefs.
- Distinguish healthy and unhealthy relationships with family, friends, peers, coaches, teachers and others.
- Set and respect personal limits/boundaries.
- Demonstrate empathy to others who have different views and beliefs.
- Describe strategies a student might use to end an unhealthy relationship, including involving a trusted adult who can help.
- Analyze the influences of attitudes, beliefs, and expectations on relationships.
- Distinguish healthy and unhealthy relationships with family, friends, peers, coaches, teachers and others."
- Explain how the expression of emotions or feelings can help or hurt oneself and others.
- Analyze the risks of impulsive behaviors.

- Identify healthy strategies to cope with intense emotions/situations.
- Summarize the benefits of talking with parents and other trusted adults about feelings.
- Demonstrate effective conflict management or resolution skills.
- Describe ways to manage interpersonal conflict nonviolently.
- Explain why it is important to understand the perspectives of others in resolving interpersonal conflicts.
- Explain the causes, symptoms, and effects of stress and anxiety.
- Explain positive and negative strategies for coping with stress.
- Demonstrate the ability to use goal-setting skills to enhance health (reduce stress).
- Construct healthy strategies for coping with stress.
- Summarize the signs and symptoms of depression and potential suicide.
- Demonstrate how to influence and support others to make positive and healthy choices for social and emotional health.

Unit - Sexual Health

- Analyze the influence of family, peers, culture, media, technology and other factors on sexual risk behaviors.
- Describe the factors (including drug use, coercion, and pressure) that contribute to engaging in sexual risk behaviors.
- Describe the factors that protect against engaging in sexual risk behaviors.
- Describe why individuals have the right to refuse sexual contact.
- Summarize human reproductive systems including medically accurate terminology for internal and external genitalia and their functions.
- Explain menstruation, ovulation, fertilization, and implantation.
- Describe components of sexuality.
- Explain sex assigned at birth and gender identity and explain how they may or may not differ.
- Define: gender identity, transgender, and sexual orientation.
- Explain a range of identities related to sexual orientation.
- Describe the impact on the victim of intolerance and/or harassment based on components of one's sexuality.
- Identify behaviors that support sexual health
- Recognize laws related to minors' access to sexual healthcare services, including pregnancy and STI/HIV prevention, testing, care, and treatment.
- Describe the state and federal laws that impact young people's sexual health rights, ability to give and receive sexual consent, and their engagement with sexually explicit media.
- Describe various methods of contraception and how they are used to prevent pregnancy.
- Summarize signs, symptoms, consequences, and treatment of STIs.
- Describe ways sexually active people can reduce the risk of HIV and other STIs, including condoms and preventative medications.
- Define vaginal, anal, and oral sex.
- Identify proper steps to using barrier methods correctly.
- State a health-enhancing position on a topic and support it with accurate information.
- Explain the importance of setting personal limits to avoid sexual risk behaviors.
- Demonstrate effective refusal skills to avoid or reduce sexual health risks