

8th Grade Health Education Objectives 2018/2019

UNIT: TOBACCO, ALCOHOL & OTHER DRUGS

The student will:

Health Content Concepts

- Distinguish between healthy and unhealthy use of prescription and over-the-counter (OTC) drugs
 - Follow directions for use
 - Negative effects of combining medications
 - Forms of misuse
 - Taking someone else's prescription
 - Combining drugs
 - Overmedication
 - Consequences of prolonged use
- Analyze the physical, psychological, social, economic, and legal consequences of drug abuse
 - Tolerance, addiction, and withdrawal
 - Short-term and long-term effects of marijuana use

Self-Management

- Demonstrate skills that promote a personal commitment to remain drug-free
 - Recognizing peer norms
 - Resistance skills
 - Decision making and problem solving
 - Goal setting
 - Stress management
 - Assertiveness
 - Advocate for a drug-free lifestyle

NOTES:

- Research has shown that normative education and resistance skills are the most effective components of drug prevention curriculum.
- Students should not be placed in the role of perpetrator in role-play situations.

UNIT: SOCIAL AND EMOTIONAL HEALTH

Health Content Concepts

- Examine sources of stress/anxiety
- Examine the effects of stress to include depression and suicide
 - Consequences of untreated depression
 - Warning signs of suicide
- Examine coping and intervention strategies for stress/anxiety, depression, and suicide

Self-Management and Goal Setting

- Construct healthy strategies for managing stress, depression and suicide
 - Coping and resilience strategies
 - Setting personal goals
 - Suicide prevention strategies
 - Accessing resources for self and others.

UNIT: SAFETY AND INJURY PREVENTION

The student will:

Health Content Concepts

- Summarize strategies for prevention and intervention of safety issues
 - Gang activity
 - Bullying/cyberbullying
 - Child abuse
 - Sexual assault/dating violence
 - Human trafficking
 - Inappropriate use of electronic devices
 - Misuse of household products/inhalants
- Describe components of healthy relationships
 - define sexual assault
 - describe intervention strategies a bystander can use in sexual assault situations

Interpersonal Communication

- Utilize conflict resolution skills to prevent violence
 - Review types of violence
 - Sexual assault and dating violence
 - Bullying, name-calling, harassment, and other forms of conflict
 - Conflict resolution skills
 - Verbal vs. nonverbal communication
 - Listening skills
 - Assertiveness skills.

UNIT: SEXUAL HEALTH

The student will:

Health Content Concepts

- Describe the components of sexuality to include biological, psychological, cultural, and ethical
 - Define sexuality
 - Define gender identity, transgender, and sexual orientation (heterosexual, homosexual, and bisexual)
 - Dimensions of sexuality (biological, psychological, cultural, and ethical)
 - Factors that influence stereotyping and generalizing about gender roles
- Describe components of healthy relationships

- o apply concept of consent to real life situations
- Review the anatomy and physiology of the male and female reproductive system
- Describe the prevention, symptoms, and treatment of sexually transmitted infections to include HIV/AIDS
 - o HIV and AIDS, syphilis, gonorrhea, chlamydia, HPV/genital warts, genital herpes, etc.
- Describe various contraceptive methods and their effectiveness in reducing the risk of pregnancy
 - o Abstinence, condoms, withdrawal, hormonal contraceptives, spermicides, and sterilization
 - o Emphasize abstinence as the healthiest behavior for youth

Accessing Information

- Identify sources of support for sexual health
 - o Define sexual health
- Identify behaviors that support sexual health
 - o Regular check-ups
 - o Breast exam/Testicular self-exam
 - o Early identification of potential problems
 - o Communication
 - o Abstinence