

# Grade 8

## Personal Health Concepts HE.8.PHC

### Standard 1 Core Concepts HE.8.PHC.1

- 1 Analyze how the physical, mental, social, and intellectual dimensions of personal health are interrelated. HE.8.PHC.1.1
- 2 Identify major chronic diseases that impact human body systems. HE.8.PHC.1.2
- 3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.1.3
- 4 Assess personal health practices. HE.8.PHC.1.4

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### Standard 2 Internal and External Influence HE.8.PHC.2

- 1 Analyze the influences of media/social media on physical, emotional, and social health. HE.8.PHC.2.1
- 2 Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. HE.8.PHC.2.2
- 3 Predict how environmental factors affect personal health. HE.8.PHC.2.3
- 4 Assess the role of the beliefs of friends and peers on the health of adolescents. HE.8.PHC.2.4
- 5 Assess the role of the beliefs of family and culture on the health of adolescents. HE.8.PHC.2.5
- 6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.PHC.2.6
- 7 Explore how heredity and family history can affect personal health. HE.8.PHC.2.7
- 8 Explain how the perceptions of norms influence healthy and unhealthy behaviors. HE.8.PHC.2.8
- 9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. HE.8.PHC.2.9
- 10 Explain the impact of cyberbullying and inappropriate use of social media on personal wellness. HE.8.PHC.2.10

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**Standard 3 Prevention and Decision Making** HE.8.PHC.3

- 1 Determine when health-related situations require the application of a thoughtful prepared plan of action. HE.8.PHC.3.1
- 2 Compile the potential outcomes of each option when making a health-related decision. HE.8.PHC.3.2
- 3 Distinguish when individual or collaborative decision-making is appropriate. HE.8.PHC.3.3
- 4 Evaluate the outcomes of a health-related decision. HE.8.PHC.3.4
- 5 Determine situations when specific professional health services or providers may be required. HE.8.PHC.3.5
- 6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.3.6
- 7 Design an individual goal to adopt, maintain, or improve a personal health practice. HE.8.PHC.3.7
- 8 Apply strategies and skills needed to attain a personal health goal. HE.8.PHC.3.8
- 9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.PHC.3.9

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**Standard 4 Advocacy** HE.8.PHC.4

- 1 Promote ways to acquire health services, products and or environments based on accurate and truthful information. HE.8.PHC.4.1
- 2 Identify strategies to combat cyberbullying and online harassment. HE.8.PHC.4.2

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**Community and Environmental Health** HE.8.CEH**Standard 1 Core Concepts** HE.8.CEH.1

- 1 Analyze how the physical, mental, social, and intellectual dimensions of community health are interrelated. HE.8.CEH.1.1
- 2 Evaluate community health problems and concerns common to adolescents. HE.8.CEH.1.2
- 3 Identify the social determinants of health. HE.8.CEH.1.3

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**Standard 2 Internal and External Influence** HE.8.CEH.2

- 1 Analyze how the school and community may influence adolescent health. HE.8.CEH.2.1
  - 2 Critique school and public health policies that influence health promotion and disease prevention. HE.8.CEH.2.2
  - 3 Analyze how media/social media influences community health behaviors. HE.8.CEH.2.3
  - 4 Predict how environmental factors affect community health. HE.8.CEH.2.4
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**Standard 3 Prevention and Decision Making** HE.8.CEH.3

- 1 Investigate community strategies to reduce or prevent injuries and other adolescent health problems. HE.8.CEH.3.1
  - 2 Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the community. HE.8.CEH.3.2
  - 3 Categorize healthy and unhealthy alternatives to community health-related issues or problems. HE.8.CEH.3.3
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**Standard 4 Advocacy** HE.8.CEH.4

- 1 Promote positive health choices with the influence and support of others. HE.8.CEH.4.1
  - 2 Justify a health-enhancing position on a topic and support it with accurate information. HE.8.CEH.4.2
  - 3 Work cooperatively to advocate for healthy individuals, peers, families, and schools. HE.8.CEH.4.3
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**Consumer Health** HE.8.CH**Standard 1 Core Concepts** HE.8.CH.1

- 1 Analyze how appropriate health care can influence personal health. HE.8.CH.1.1
  - 2 Compare and contrast a variety of technologies to gather health information. HE.8.CH.1.2
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**Standard 2 Internal and External Influence** HE.8.CH.2

- 1 Evaluate ways consumer health messages and communication techniques can be targeted for different audiences. HE.8.CH.2.1
- 2 Research marketing strategies behind health-related media/social media messages. HE.8.CH.2.2
- 3 Analyze the influence of technology on personal and family health. HE.8.CH.2.3

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**Standard 3 Prevention and Decision Making** HE . 8 . CH . 3

- 1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health. HE . 8 . CH . 3 . 1
- 2 Analyze valid and reliable health services and the cost of products. HE . 8 . CH . 3 . 2

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**Standard 4 Advocacy** HE . 8 . CH . 4

- 1 Promote resources that assist in goal setting. HE . 8 . CH . 4 . 1
- 2 Recommend a variety of technologies to gather health information. HE . 8 . CH . 4 . 2