

# Grades 6-8

**The students will know, comprehend, apply, analyze, synthesize and/or evaluate:**

## **Community Health**

- 1 Resources in the community for improved health 8.1
  - 2 Local community needs/issues/events 8.2
  - 3 Local/state laws, ordinances, and policies for a healthy community 8.
  - 4 Impact of participation and engagement within the community 8.4
  - 5 Global health issues 8.5
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## **Consumer Health**

- 1 Validity of information on health care products and services 8.1
  - 2 Adolescent health care product information 8.2
  - 3 Interpersonal and intrapersonal influences on health choices (budgeting, culture, SES, etc.) 8.3
  - 4 Informed consumer choices regarding health 8.4
  - 5 Seek reliable consumer health advice 8.5
  - 6 Importance of local and state health policies 8.6
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## **Environmental Health**

- 1 Personal responsibility for community environmental issues 8.1
- 2 Reduce, reuse, recycle, and alternatives 8.2
- 3 Types and effects of pollution 8.3
- 4 Environmental influences on health 8.4
- 5 Local and state environmental issues 8.5
- 6 Laws, ordinances, and policies 8.6

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## **Human Sexuality and Relationships**

- 1 Changes during puberty 8.1
  - 2 Refusal skills 8.2
  - 3 Responsible behaviors within relationships (communication, abstinence, etc.) 8.3
  - 4 Male and female reproductive systems 8.
  - 5 Potential outcomes of sexual activity 8.5
  - 6 Seeking reliable adult advice regarding relationships, dating, and sexual activity 8.6
  - 7 Laws associated with sexual behaviors (consent, harassment, assault, rape, etc.) 8.7
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## **Injury Prevention and Safety**

- 1 Basic first aid skills (including bloodborne pathogens) 8.1
  - 2 Injury prevention at home, school and community 8.2
  - 3 Prevention for sports, physical activity and recreation related injury 8.3
  - 4 Resources for safety and injury prevention and response (school, work, community, home, etc.) 8.4
  - 5 Intentional and unintentional injury 8.5
  - 6 Prevention and response to physical violence (guns and/or weapons and bullying) 8.6
  - 7 Prevention and response to mental violence (bullying and abuse) 8.7
  - 8 Prevention and response to sexual violence (harassment, assault, rape, and abuse) 8.8
  - 9 Prevention and response to social violence (relationships, conflict resolution, and cyber) 8.9
  - 10 Media safety (social media, cyber, TV, music, advertising, etc.) 8.10
  - 11 Weather related safety (supplies, shelter, etc.) 8.11
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## **Mental and Emotional Health**

- 1 Importance of expressing emotions in a productive and healthy manner 8.1
- 2 Character development 8.2
- 3 Mental health terminology 8.3
- 4 Stress management and coping skills 8.4
- 5 Coping with loss and grief 8.5
- 6 Characteristics of healthy and unhealthy relationships 8.6
- 7 Relationship between body image and self-esteem 8.7
- 8 Impact of media on self-esteem 8.8
- 9 Bullying/harassment prevention 8.9

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## **Nutrition**

- 1 Nutritional needs through stages of development 8.1
- 2 Meal planning and budgeting 8.
- 3 Safe storage and food handling 8.3
- 4 Nutritional goals 8.4
- 5 Community nutrition efforts 8.5
- 6 Food labels 8.6
- 7 Eating disorders/dysfunctions 8.7
- 8 Dietary guidelines 8.8
- 9 Establishing and maintaining healthy eating practices 8.9
- 10 Factors in weight control 8.10
- 11 Food packaging and advertising 8.11
- 12 Nutritional supplements 8.12
- 13 Impact of food choices 8.13

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## **Personal Health**

- 1 Major body systems, anatomy, functions, relationships between systems 8.1
- 2 Proper adolescent hygiene habits 8.
- 3 Purpose, examples, and benefits of daily exercise 8.3
- 4 Importance and strategies to seek personal health care 8.4
- 5 Develop positive relationships 8.5
- 6 Recommended sleep amounts 8.6

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## **Prevention & Control of Disease**

- 1 Disease prevention skills 8.
- 2 Common causes of death, illness and disorders 8.2
- 3 Communicable and noncommunicable diseases 8.
- 4 Medical resources, health screenings and treatment methods for disease 8.4
- 5 Relationship between lifestyle choices and disease prevention 8.5
- 6 Differences between bacterial, viral and fungal infections 8.6
- 7 Structure/function of the immune system 8.7

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## **Substance Use and Abuse & Addiction**

- 1 Effects and consequences of nicotine use (all forms) 8.1
- 2 Effects and consequences of alcohol use 8.2
- 3 Effects and consequences of illegal drug use 8.
- 4 Cumulative risk behaviors (patterns, gateway drugs, etc.) 8.4
- 5 Correct use, misuse and abuse of drug 8.5
- 6 Categories of drugs (ex. stimulants, opiates, depressants, hallucinogens, etc.) 8.6
- 7 Addiction and tolerance 8.7
- 8 Addictive substances and effects on all dimensions of health 8.8
- 9 Media, social influences, and peer pressure of drug usage 8.9
- 10 Rules and laws for medicines and drugs 8.10
- 11 Safe alternatives to medicine 8.11
- 12 Treatment, intervention and prevention of drug overdose, dependency, and abuse 8.12