

Grade 8

Students will comprehend content related to health promotion and disease prevention to enhance health.

- 1** Explain why using alcohol or other drugs is an unhealthy way to manage stress and describe the relationship between using alcohol and other drugs with other health risks. 8.1.1

- 2** Explain the relationship between access to healthy foods and personal food choices and identify healthy and risky approaches to weight management. 8.1.2

- 3** Explain the causes, symptoms and effects of depression, anxiety and common eating disorders. 8.1.3

- 4** Explain the benefits of living in a diverse society. 8.1.4

- 5** Differentiate healthy and unhealthy relationships. 8.1.5

- 6** Describe the importance of seeking help and treatment for common infectious diseases and chronic diseases and summarize health practices to prevent the spread of disease. 8.1.6

- 7** Explain climate-related physical conditions that affect personal safety. 8.1.7

- 8** Describe first response procedures needed to treat injuries and other emergencies. 8.1.8

- 9** Describe the factors that contribute to and that protect against engaging in sexual behavior and explain the importance of setting personal limits to avoid sexual risk behaviors. 8.1.9

- 10** Describe usual signs and symptoms of common STDs. 8.1.10

- 11** Describe situations that could lead to the use of tobacco and explain reasons most individuals do not use tobacco products. 8.1.11

- 12** Describe how power and control differences in relationships can contribute to aggression and violence and describe how prejudice, discrimination and bias can lead to violence. 8.1.12

- 13** Explain that rape and sexual assault should be reported to a trusted adult. 8.1.13

Analyze the influence of family, peers, culture, media, technology and

- 1** Examine how school rules, public health policies and laws can influence personal health and behaviors. 8.2.1

<p>other factors on health behaviors.</p>	<p>2 Evaluate prevention strategies that reduce health risk behaviors and explain the influence these strategies have on personal choices. 8.2.2</p>
<p>Access valid information, products and services to enhance health.</p>	<p>1 Explain health-related situations that call for professional prevention or intervention services. 8.3.1</p> <p>2 Investigate and analyze valid and reliable health-related products and services. 8.3.2</p> <p>3 Locate and access valid and reliable personal health and wellness information from home, school or the community. 8.3.3</p>
<p>Use interpersonal communication skills to enhance health and avoid or reduce health risks.</p>	<p>1 Apply effective verbal and nonverbal communication skills to enhance health and promote healthy behaviors/relationships. 8.4.1</p> <p>2 Demonstrate how to ask for assistance to enhance the health of self and others. 8.4.2</p> <p>3 Demonstrate refusal and negotiation skills to avoid or reduce health risks. 8.4.3</p> <p>4 Demonstrate effective conflict management and/or resolution strategies. 8.4.4</p>
<p>Use decision-making skills to enhance healthy behaviors.</p>	<p>1 Predict when health-related situations require the application of a thoughtful decision-making process. 8.5.1</p> <p>2 Analyze healthy options when making a decision about health-related issues or problems. 8.5.2</p> <p>3 Apply a decision-making process to avoid or refuse healthy and/or unhealthy behaviors. 8.5.3</p>
<p>Use goal-setting skills to enhance healthy behaviors.</p>	<p>1 Apply strategies and skills needed to attain personal health goals. 8.6.1</p> <p>2 Explain how personal health goals can vary with changing abilities, priorities and responsibilities. 8.6.2</p> <p>3 Set and implement a goal that maintains or improves personal health and/or wellness-related behavior. 8.6.3</p>
<p>Practice health-enhancing behaviors and avoid or reduce health risks.</p>	<p>1 Analyze and explain personal health practices and behaviors that reduce or prevent health risks. 8.7.1</p> <p>2 Defend the importance of demonstrating healthy practices and behaviors to improve the health and wellness of self and others. 8.7.2</p>
<p>Advocate for personal, family and community</p>	<p>1 Propose a health-enhancing position, supported with accurate information, to improve the personal health and wellness of others. 8.8.1</p>

health.

2 Design an advocacy campaign to influence and support others to make behavior choices to improve personal health and wellness. 8.8.2