

Grade 8

Adopted 2007

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

1. The student will analyze how heredity, environment, and personal health are related.
 - Alcohol and Other DrugsCommunity and Environmental HealthFamily Life and SexualityInjury PreventionMental HealthNutritionPersonal and Consumer HealthPhysical ActivityTobacco
 - 2. The student will explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death.
 - Alcohol and Other DrugsCommunity and Environmental HealthFamily Life and SexualityInjury PreventionMental HealthNutritionPersonal and Consumer HealthPhysical ActivityTobacco

Students will analyze the influence of culture, media, technology, and other factors on health behaviors.

1. The student will describe the influence of cultural beliefs on health behaviors and the use of health services.
2. The student will analyze the influence of technology on personal and family health.

Students will demonstrate the ability to access valid information and products and services to enhance health.

1. The student will analyze the validity of health information, products and services.
2. The student will analyze how media influences the selection of health information and products.

Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

1. The student will analyze effective verbal and nonverbal communication skills to enhance health.
2. The student will demonstrate ways to communicate care, consideration, and respect of self and others.
3. The student will demonstrate refusal and negotiation skills to enhance health.
4. The student will analyze the possible causes of conflict among youth in schools and communities.

Students will demonstrate the ability to use decision-making skills to enhance health.

- 1. The student will demonstrate the ability to apply a decision-making process to health issues and problems individually and collaboratively.**
 - 2. The student will analyze how health-related decisions are influenced by individual, family and community values.**
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Students will demonstrate the ability to use goal-setting skills to enhance health.

- 1. The student will develop a plan that addresses personal strengths, needs and health risks.**
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Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- 1. The student will distinguish between safe and risky or harmful behaviors in relationships.**
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Students will demonstrate the ability to advocate for personal, family, and community health.

- 1. The student will analyze various communication methods to accurately express health information and ideas.**