

Grade 8 Health Education Curriculum

Physical Activity and Wellness

Am I healthy? How can I *improve my health and physical fitness*?

- Knows the components of wellness and fitness
- Understands heart rate zones and their relationship to wellness and fitness
- Evaluates one's own wellness and fitness levels
- Uses the goal setting process to improve one's fitness levels

Stress and Stress Management / Suicide Prevention

What can I do to help manage my stress? Where could I go if I thought a friend, family member or myself needed help?

- Evaluates one's own lifestyle, including personal stressors
- Demonstrates and understands effective strategies to manage stress
- Knows the warning signs of suicide
- Identifies and knows how to access school and community resources

Substance Abuse Prevention-Performance Enhancing Drugs and Club Drugs

Why should I be drug free? What can I do to promote the healthy behaviors of others?

- Knows the effects and consequences related to steroids, club drugs, and performance enhancing drugs
- Understands the different roles taken on by family members and friends of a chemically dependent person
- Identifies and locates helping resources
- Takes a clear, health enhancing regarding substance abuse.

Human Growth and Development-Relationships and Sexuality

How do I deserve to be treated? How do my decisions impact others and myself?

- Understands the difference between a health and an unhealthy relationship
- Practices effective verbal and non-verbal communication skills
- Knows the pathogens, symptoms, and methods of transmission of sexually transmitted diseases
- Understands why abstinence is the only form of safe sex
- Compare the effectiveness of various contraception methods
- Discusses the short and long term effects of teenage sexual behavior, including the risks and responsibilities associated with teenage pregnancy
- Knows where to get valid health information and how to access services and resources.