



Health  
Eighth Grade

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

- 1.1 Analyze the relationship between positive health behaviors and the injury, illness, disease and premature death.
- 1.2 List and describe the ways to reduce ways to risks related to adolescent health problems.
- 1.3 Analyze the factors that impact nutritional choices of adolescents.
- 1.4 Students will describe the interrelationship of mental emotional, social, and physical health during adolescence.
- 1.5 Students will choose the ways to reduce risks related to adolescent health problems.

**2.0 Students will demonstrate the ability to access valid health information and health-promoting products and services.**

- 2.1 Demonstrate the ability to utilize resources from home, school, and the community that provide valid health information.

**3.0 Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.**

- 3.1 Students will be able to identify the social realities of drug use.
- 3.2 Students will be able to recognize the best way of preventing drug use is to never start.
- 3.3 Students will be able to explain the importance of assuming responsibility for personal health behaviors.
- 3.4 Students will be able to distinguish between safe and risky or harmful behaviors in relationships.

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

- 4.1 Students will be able to illustrate methods used by media to influence consumer choices.

**5.0 Students will demonstrate the ability to use interpersonal communication skills to enhance health.**

5.1 Students will be able to demonstrate effective verbal and non-verbal communication skill to enhance health.

5.2 Students will be able to explain and demonstrate techniques for dealing with direct pressure to engage in smoking, drinking, and drug use.

5.3 Students will be able to identify situations involving peer pressure to use drugs or alcohol that warrant an assertive response.

**6.0 Students will demonstrate the ability to use goal setting and decision making skills to enhance health.**

6.1 Students will be able to discuss personal reasons for avoiding violence.

6.2 Students will be able to formulate a plan to practice anxiety-reducing techniques.

6.3 Students will be able to formulate a plan for managing anger.

6.4 Develop a plan that addresses personal strengths, needs and health risks.

**7.0 Students will demonstrate the ability to advocate for personal, family and community health.**

7.1 Students will be able to utilize verbal and nonverbal assertiveness and resistance skills.