

8th Grade Health Standards

Overview:

8th grade students participate in an annual trip to Robert Crown Health Center where they focus on Social Emotional Learning in 7th Grade and Teen Sexual Health in 8th Grade.

8th graders participate in a seven week health quint that focuses on the following themes:

- ***Financial and Consumer Health***
 - Ever-Fi, Financial Literacy Program

- ***Healthy Body and Mind***-22.A.3a; 22.A.3b; 22.B.3; 24.B.3
(Teen Health- *Mental and Emotional Health* – McGraw Hill)

Understand that good mental/emotional health includes having a positive view of yourself and being resilient

- Your personality and self-concept are two factors that determine your mental and emotional health
- Developing resilience can build your self-esteem and improve mental and emotional health

Learning to deal with emotions in healthy ways is important during the teen years

- The way you express your emotions affects your mental/emotional, physical, and social health
- All human beings share certain emotional needs

Keeping stress under control will improve all aspects of your health

- Both positive and negative events can cause stress
- Long-term stress can damage your physical, mental/emotional, and social health
- You can manage your stress level partly by avoiding stressors and partly by finding ways to cope with stressors you cannot avoid

There is no right or wrong way to grieve over a loss

- Grief is a normal response when a person suffers a painful loss
- Coping strategies help people deal with grief

- **Mental and Emotional Health**
 - Your Mental and Emotional Health
 - Your total health
 - Self -Concept
 - Self -Esteem
 - Physical/Mental/Social
 - Understanding Your Emotions
 - What are emotions?
 - Expressing your emotions
 - Emotional needs
 - Managing Stress
 - What is stress?
 - How your body responds to stress
 - Managing stress
 - Coping with Loss
 - Understanding grief
 - Coping with grief
 - Health Influences and Risk Factors
 - What influences your health?
 - Your behavior and your health?
 - Self-Management Skills
 - Skills for communicating with others
 - Making Decisions and Setting Goals
 - Decision-Making Process
 - Setting realistic goals
 - Understanding your Emotions
 - Managing Stress
 - Coping with Loss

- **Healthy Relationships** - 22.A.3a; 22.B.3; 23.B.3; 23.C.3; 24.A.3b; 24.A.3c; 24.B.3; 24.C.3
(Teen Health – Building Healthy Relationships – McGraw Hill)

Healthy relationships depend on good communication

- Communication involves your words, postures, gestures, and facial expressions
- Good communication includes listening and showing that you understand what the other person is saying
- Communication styles include assertive, aggressive, and passive

Your relationships with family members are some of the most important in your life

- Family members support one another
- A strong family is built on good relationships
- Families deal with change
- Serious family problems may require help from outside resources

Strong relationships will have a positive effect on your physical, mental/emotional, and social health

- Your peer group is made up of people who are close in age and have things in common with you
- Peer pressure can affect you in different ways

- **Building Healthy Relationships**

- Practicing Communication Skills
 - What is communication?
 - Good communication skills
 - Speaking Skills
 - Listening Skills
 - Writing Skills
 - Your communication style
 - Body language
- Healthy vs. Unhealthy Relationships
 - What does this look like?
- Family Relationships
 - What makes a family?
 - Roles and responsibilities in a family
 - Building strong families
 - Changes in the family
 - Serious family problems
- Peer Relationships
 - Who are your peers?
 - Friendship during the teen years

- What makes a good friend?
 - Making new friends
 - Strengthening friendships
 - Peer pressure
 - Positive peer pressure
 - Negative peer pressure
- **Conflict Resolution** – 24.A.3a; 24.A.3b;24.A.3c
 (Teen Health – Conflict Resolution and Violence Prevention – McGraw Hill)

Learning to resolve conflicts in healthful ways can help your overall well-being

- Conflicts are a part of life and can be dealt with in a positive way
- Understanding what causes conflicts can help you learn to prevent them
- Conflicts can be minor or major, interpersonal, or internal

Factors that make conflicts worse include anger, jealousy, group pressure, and the use of alcohol and other drugs

- Conflicts can often be resolved if the signs of conflict are recognized early
- You can often prevent a conflict from building by handling the problem in an appropriate way

You can deal with conflict in constructive ways

- Conflict resolution involves solving a disagreement in a way that satisfies everyone involved in the conflict
- **Conflict Resolution**
 - Conflicts in your life
 - What is conflict?
 - Causes of conflict
 - Common conflicts for teens.
 - Bullying
 - Nature of conflicts
 - How to spot a conflict
 - Controlling conflicts
 - Conflict resolution skills
 - Finding solutions to conflicts
 - Peer mediation

- ***Tobacco, Alcohol and Other Drugs*** - 22.A.3a; 22.B.3; 23.B.3; 23.C.3; 24.A.3b; 24.A.3c; 24.B.3; 24.C.3

(Teen Health – *Tobacco, Alcohol, and Other Drugs* – McGraw Hill)

Substances contained in tobacco products are very harmful to your health

- Tobacco is a harmful and addictive substance in all its forms
- Tobacco contains many chemicals that can harm your body

Tobacco is a dangerous drug with serious health consequences

- Health experts have been warning about the dangers of tobacco for many years
- Tobacco use causes both short-term and long-term damage to the body

Tobacco contains nicotine, which is an extremely powerful and addictive drug

- Tobacco contains strong substances that make it difficult to stop using once a person as started

Tobacco has consequences in addition to the harm it causes tobacco users

- Tobacco use is costly to society
- Laws and education protect nonsmokers and lower the cost of tobacco use to society

It is important to have strategies to resist the strong influences around tobacco use

- Many sources can influence teens to try tobacco
- Knowing how to resist tobacco will keep you tobacco free
- May resources are available to people who want to be tobacco free

Most teens do not use alcohol, but several factors influence teens to try it

- Alcohol is a drug that affects the mind and body
- Teens face many influences that encourage them to try alcohol
- Negative effects of alcohol use pose even greater risks for teens

Alcohol use has far-reaching effects to the body, other people, and personal relationships

- Alcohol has many short-and long-term effects on your body
- The use of alcohol has an immediate effect on many parts of the body
- Alcohol use affects all areas of a person's life
- Alcohol use can affect thoughts and behavior

Alcohol is a highly addictive drug that can lead to disease and damage relationships

- Alcohol is a powerful drug that can lead to disease and damage relationships

- The disease of alcoholism results from addiction and has physical, mental/emotional, and social consequences

Many resources are available to help alcoholics, alcohol abusers, and families

- Family, friends, and organizations can all help someone with an alcohol problem
- Support groups can help families of alcoholics
- Choosing to not use alcohol is the best way to avoid its dangers

Using drugs affects your body, mind, emotions, and social life and can lead to consequences with the law

- Some drugs can help heal the body, but drugs can also be harmful to your health
- Any drug can be harmful to your health if abused or misused
- Using drugs can lead to problems with the law

All types of illegal drugs have both short-and long-term effects

- Marijuana is an illegal drug that affects the body
- Stimulants, depressants, and club drugs have many negative effects on the body
- Hallucinogens are dangerous drugs that mainly affect the user's mind
- Not all narcotics are illegal, but all are extremely addictive
- Using inhalants can cause brain damage and even death
- Steroids can cause serious health problems

Many reasons and resources exist to help teens and their families stay drug free

- Responding to peer pressure, the media, and personal problems can influence teens to try drugs
- Staying drug free has many benefits
- Resources are available to help drug users and their families face substance abuse

- **Tobacco, Alcohol, and Other Drugs**

- Tobacco

- Facts about tobacco
 - What is tobacco
 - Chemicals in tobacco
 - Health risks of tobacco use
 - Harmful to your health
 - Effects of tobacco use
 - Tobacco addiction
 - A powerful drug
 - Addiction and dependence

- Costs to society
 - Cost of tobacco
 - Countering the costs of tobacco use
- Saying no to tobacco use
 - Why do teens use tobacco
 - Breaking the tobacco habit
- Alcohol
 - Alcohol use and teens
 - What is alcohol
 - Why do some teens use alcohol
 - Reasons not to drink
 - Effects of alcohol use
 - How alcohol affects the body
 - Short-term effects
 - Long-term effects
 - Other dangers of alcohol use
 - Alcoholism and Alcohol abuse
 - Alcoholism and addiction
 - Disease of alcoholism
 - Effects on families and society
 - Getting help for alcohol abuse
 - Help for alcohol abuse
 - Help for families
 - Staying alcohol free
- Drugs
 - Drug use and abuse
 - What is a drug?
 - Drug misuse and abuse
 - Drug use and the law
 - Types of drugs and their effects
 - Marijuana
 - Stimulants, depressants, and club drugs
 - Narcotics
 - Inhalants
 - Steroids
 - Staying drug free
 - Why do some teens use drugs?
 - Ways to stay drug free
 - Help for drug users and their families

- ***Social Media and Digital Survival Skills*** – 24.C.1
 - Protecting personal information
 - Predators
 - Safe Chatting/Texting-Stop! Block! Report!

- ***Nutrition and Personal Fitness*** - 20.A.3a;

Identify various nutritional factors that affect dieting and personal health

- Nutrition
- Health and Fitness

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Students will be able to:

- Explain the functions of the male and female reproductive systems in relation to human reproduction and pregnancy (RC)
- Understand the role of abstinence to prevent complications and consequences of sexual activity (RC)

Activities

-Self Assessment Inventories

Resources:

Gurrie Staff

Jeannette Pedersen collaborates with health staff in certain areas of instruction

Community Resources

LaGrange, Countryside, and Hodgkins Police Liason Officers

Share My Lessons

<http://www.sharemylesson.com/ResourceDetail.aspx?storyCode=6028926>

American Heart Association

http://www.heart.org/HEARTORG/Educator/FortheClassroom/MiddleSchoolLessonPlans/Middle-School-Lesson-Plans_UCM_304280_Article.jsp

TeAchnology

http://www.teach-nology.com/teachers/lesson_plans/health/68/

Assessments

<http://www.k12.wa.us/healthfitness/assessments.aspx>

Decision Making

<http://www.buzzle.com/articles/6-steps-to-decision-making-process.html>

Food Pyramid/Nutrition

<http://www.hsph.harvard.edu/nutritionsource/pyramid/>