

# Grade 8

Adopted 2012

**Comprehend concepts related to health promotion and disease prevention to enhance health.**

**Describe causes and effects of stress and identify healthy ways to manage stress.**

**Explore the changes during adolescence. (physical, mental/emotional, and social).**

**Identify ways individuals can reduce risk factors related to communicable and chronic diseases.**

**Identify the various components of the human life cycle.**

**Analyze the influence of family, peers, culture, media, technology, and other factors on health.**

**Analyze the positive and negative influences of technology and media on personal and family health.**

**Describe the influence of cultural beliefs on health behaviors.**

**Understand peer relationships and their impact on health decisions.**

**Demonstrate the ability to access valid health information and products and services to enhance health.**

**Distinguish differences among various health care professionals.**

**Explain an individual's responsibility in choosing health products and services.**

**Explain the reasons for public health laws and regulations.**

**Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.**

**Demonstrate ways to cope with interpersonal conflicts.**

**Practice refusal skills for risk taking behaviors.**

**Examine ways to promote positive behavior when dealing with individual differences.**

**Demonstrate the ability to use decision-making skills to enhance health.**

**Analyze how nutrition affects physical, mental, and emotional development.**

**Develop a plan that addresses commitment and self-control.**

**Analyze how health related decisions are influenced by individuals, family, and community values.**

**Predict how decisions regarding health behaviors have consequences for self and others.**

**Demonstrate the ability to use goal-setting skills to enhance health.**

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**Create a personal health plan that encourages an active lifestyle.**

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**Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.**

**Demonstrate common first aid procedures and identify ways to obtain various sources of help.**

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**Identify regulations and adverse effects of the use and misuse of prescription, over the counter, and illegal drugs.**

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**Identify the six essential nutrients needed by the body and their nutrient sources.**

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**Describe the role the Food and Drug Administration (FDA) plays in the safety of the products we use on a daily bases and how it relates to our health.**

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**Demonstrate practices of making safe choices.**

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**Demonstrate the ability to advocate for personal, family, and community health.**

**Explain ways to improve community health and techniques for conserving natural resources.**

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**Identify services for people who abuse drugs.**

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**Explain ways students can help friends who may exhibit signs of suicide.**