

Eighth Grade

Mental and Emotional Health

1 Evaluate how structured thinking benefits emotional well-being. 8.MEH.1

- 1 Evaluate the uses of defense mechanisms in terms of whether they are healthy or unhealthy. 8.MEH.1.1
- 2 Explain how personal responsibility for one's choices is linked to self-worth and growth. 8.MEH.1.2

2 Design a personal plan for both preventing and managing stress and anxiety. 8.MEH.2

- 1 Compare and contrast positive and negative stress management techniques. 8.MEH.2.1
- 2 Design a plan to minimize stressors or manage the effects of stress. 8.MEH.2.2

3 Apply help-seeking strategies for mental health challenges. 8.MEH.3

- 1 Identify signs of behaviors that contribute to harm to self or others. 8.MEH.3.1
- 2 Create a plan for seeking adult help for yourself or peers who exhibit signs of self-harm or suicidal intent. 8.MEH.3.2

Personal and Consumer Health

1 Understand wellness, disease prevention, and recognition of symptoms. 8.PCH.1

- 1 Examine risk factors and social determinants of health that impact health outcomes throughout the lifespan. 8.PCH.1.1
- 2 Explain behavioral and environmental factors that contribute to major chronic diseases and the methods for reducing problems associated with common conditions. 8.PCH.1.2
- 3 Determine individual risk for preventable diseases based on personal health data and family history. 8.PCH.1.3
- 4 Identify specific ways the environment impacts personal and community health. 8.PCH.1.4

2 Apply health literacy skills when examining health claims and products. 8.PCH.2

- 1 Create a PSA about a health topic using evidence-based information. 8.PCH.2.1
- 2 Demonstrate how to influence and support others to make positive health choices. 8.PCH.2.2

3 Analyze necessary steps to prevent and respond to unintentional injury. 8.PCH.3

- 1 Execute abdominal thrusts on a mannequin. 8.PCH.3.1
 - 2 Demonstrate CPR compressions and procedures on a mannequin. 8.PCH.3.2
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**Interpersonal
Communications and
Healthy Relationships**

1 Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. 8.ICHR.1

- 1 Contrast characteristics of healthy and unhealthy relationships for friendships and for dating. 8.ICHR.1.1
 - 2 Create strategies to communicate personal boundaries and show respect for the boundaries of others. 8.ICHR.1.2
 - 3 Identify potential consequences of unhealthy relationships and intolerance which can lead to dating violence, discrimination, and hate crimes. 8.ICHR.1.3
 - 4 Demonstrate communication skills that build and maintain healthy relationships. 8.ICHR.1.4
 - 5 Use decision-making strategies appropriate for responding to unknown people via social media, digital messaging, or other means to avoid sexual trafficking. 8.ICHR.1.5
 - 6 Explore resources for safe and respectful ways to end an unhealthy or unwanted relationship. 8.ICHR.1.6
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2 Explain how avoiding sexual activity is the most effective way to prevent pregnancy and STIs. 8.ICHR.2

- 1 Compare and contrast sexual risk avoidance versus sexual risk reduction as they relate to pregnancy, STI, and other risks. 8.ICHR.2.1
 - 2 Discuss refusal skills and behaviors that are required for delaying sexual activity. 8.ICHR.2.2
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3 Identify strategies that maintain reproductive and sexual health. 8.ICHR.3

- 1 Discuss the emotional, social, educational, and financial impact of teen pregnancy on teen parents and their families. 8.ICHR.3.1
 - 2 Analyze methods of FDA-approved contraceptives in terms of their safety and their effectiveness in preventing unintended pregnancy. 8.ICHR.3.2
 - 3 Explore family, school, and community resources for the prevention of sexual risks through abstinence, postponed sexual activity, and safer sex practices. 8.ICHR.3.3
 - 4 Examine examples of how media, social media, and technology can positively or negatively influence sexual attitudes and behaviors. 8.ICHR.3.4
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Nutrition and Physical Activity

1 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others. 8.NPA.1

- 1 Examine the destructive nature of body shaming and negative body image. 8.NPA.1.1
 - 2 Explain the importance of assuming responsibility for personal dietary choices. 8.NPA.1.2
 - 3 Identify resources to advocate for those who are at risk for poor nutrition. 8.NPA.1.3
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2 Apply strategies to consume a variety of foods and beverages. 8.NPA.2

- 1 Summarize the benefits of consuming adequate amounts of micronutrients and water in a variety of foods. 8.NPA.2.1
 - 2 Create a healthful eating plan incorporating food choice inside and outside the home setting. 8.NPA.2.2
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3 Explore various diet and physical activity trends to enhance quality of life. 8.NPA.3

- 1 Identify risks and benefits of various dietary preferences and eating patterns. 8.NPA.3.1
 - 2 Summarize the benefits and risks of current physical activity trends. 8.NPA.3.2
 - 3 Discuss effects of food preparation on your health. 8.NPA.3.3
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Alcohol, Nicotine, Cannabis, and other Drugs

1 Assess the short- and long-term health risks associated with alcohol, nicotine, cannabis, and other drug use. 8.ANCOD.1

- 1 Explain the impact of alcohol and other drug use on vehicle crashes, injuries, violence, and risky sexual behavior. 8.ANCOD.1.1
 - 2 Evaluate the magnitude and likelihood of the risks associated with the use of performance-enhancing supplements. 8.ANCOD.1.2
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2 Evaluate positive and negative influences on adolescent health practices and behaviors including peers, family, media, culture, community, technology, and social platforms. 8.ANCOD.2

- 1 Analyze policies and laws related to the sale and use of alcohol and nicotine products in terms of their purposes and benefits. 8.ANCOD.2.1
- 2 Create persuasive messaging to reduce the use of alcohol, nicotine, cannabis, and other drugs. 8.ANCOD.2.2
- 3 2.3 Use strategies to avoid riding in a car with someone impaired by alcohol or drugs. 8.ANCOD.2.3
- 4 Identify positive alternatives to the use of alcohol and drugs. 8.ANCOD.2.4