

Curriculum Framework– Health Education, Grade 8

Health literacy is the ability to access, understand, appraise, apply and advocate for health information and services in order to maintain or enhance one's own health and the health of others. The goal of health education is to develop health literate individuals. Health literate individuals can implement seven health skills while understanding multiple health areas to maintain or improve their own health and the health of others.

HE.800.11: Analyzing Influences: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

- 800.11.01 Analyze how relevant influences of family and culture, school and community, media and technology, and peers affect personal health and wellness-related practices and behaviors.
- 800.11.02 Analyze how relevant influences affect personal violence practices and behaviors.

HE.800.12: Accessing Information: Students will demonstrate the ability to access valid information and products and services to enhance health.

- 800.12.01 Locate valid and reliable mental and emotional health services.
- 800.12.02 Access valid and reliable alcohol- and other drug-use prevention information from home, school, or community.
- 800.12.03 Locate valid and reliable alcohol- and other drug-use treatment services.
- 800.12.04 Identify valid and reliable sexual healthcare products.
- 800.12.05 Access valid and reliable personal health and wellness information from home, school or community.
- 800.12.06 Identify community supports for abuse and assault.

HE.800.13: Interpersonal Communication: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

- 800.13.01 Identify strategies to effectively ask for assistance to improve and/or maintain sexual health and healthy relationships.
- 800.13.02 Demonstrate healthy ways to manage or resolve conflict to prevent violence.
- 800.13.03 Demonstrate how to effectively ask for assistance to improve personal health and wellness and the health of others.
- 800.13.04 Apply effective negotiation skills to avoid or reduce exposure to alcohol and other drug use.
- 800.13.05 Demonstrate how to effectively ask for assistance to improve personal mental and emotional health.

HE.800.14: Decision Making: Students will demonstrate the ability to use decision-making skills to enhance health.

- 800.14.01 Analyze the effectiveness of a sexual health-related decision.
- 800.14.02 Predict the potential outcomes of healthy and unhealthy alternatives to a decision related to alcohol and other drug use.
- 800.14.03 Choose a healthy alternative when making a decision related to alcohol and other drug use.
- 800.14.04 Analyze the effectiveness of a final outcome of a decision related to alcohol and other drug use.

HE.800.15: Goal Setting: Students will demonstrate the ability to use goal-setting skills to enhance health.

- 800.15.01 Use strategies and skills to achieve a personal goal to avoid or reduce the risk of pregnancy and transmission of HIV and other STIs.
- 800.15.02 Apply strategies to overcome barriers to achieving a personal goal to be alcohol- and other drug-free.
- 800.15.03 Assess the barriers to achieving a goal to improve or maintain positive mental and emotional health.
- 800.15.04 Identify goal setting strategies and skills to improve or maintain positive mental and emotional health.
- 800.15.05 Implement goal setting strategies and skills to improve healthy eating behaviors.

HE.800.16: Self-Management: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- 800.16.01 Analyze personal healthy eating practices and behaviors that reduce or prevent health risks.
- 800.16.02 Explain the importance of being responsible for being physically active.
- 800.16.03 Analyze personal health and wellness related practices and behaviors that reduce or prevent health risks.
- 800.16.04 Make a commitment to practice positive personal health and wellness-related behaviors.
- 800.16.05 Demonstrate healthy mental and emotional health practices and behaviors to improve the health of oneself and other.
- 800.16.06 Implement strategies for mental and emotional health.
- 800.16.07 Identify strategies for healthy sexual behaviors, including abstinence.
- 800.16.08 Justify healthy alcohol- and other drug-use prevention behaviors.

HE.800.17: Advocacy: Students will demonstrate the ability to advocate for personal, family, and community health.

- 800.17.01 Demonstrate how to adapt a positive mental and emotional health message for different audiences.
- 800.17.02 Persuade others to make positive mental and emotional health choices.
- 800.17.03 Collaborate with others to advocate for individuals, families, and schools to be alcohol- and other drug-free.

HE.800.21 Mental and Emotional Health: Students will demonstrate the ability to use mental and emotional health knowledge, skills, and strategies to enhance wellness.

- 800.21.01 Explain the causes, symptoms, and effects of depression and anxiety.
- 800.21.02 Explain why people with eating disorders need professional help.
- 800.21.03 Explain the causes, symptoms, and effects of common eating disorders.
- 800.21.04 Explain appropriate ways to express needs, wants, emotions, and feelings.
- 800.21.05 Describe how mental and emotional health can affect health-related behaviors.
- 800.21.06 Explain the importance of a positive body image.
- 800.21.07 Describe characteristics of a mentally and emotionally healthy person.
- 800.21.08 Describe what it means to be a responsible person.
- 800.21.09 Examine the importance of being aware of one's own feelings and of being sensitive to the feelings of others.
- 800.21.10 Identify resources that address depression and suicide.
- 800.21.11 List qualities of an adult whom a student can rely upon for support.

HE 800.22 Alcohol, Tobacco and Other Drugs: Students will demonstrate the ability to use drug knowledge, decision-making skills, and health enhancing strategies to address the non-use, use and abuse of medications, alcohol, tobacco and other drugs.

- 800.22.01 Investigate school policies and community laws about alcohol and other drugs.
- 800.22.02 Summarize the negative consequences of using alcohol and other drugs.
- 800.22.03 Explain the relationship between intravenous drug use and transmission of blood borne diseases, such as HIV and hepatitis.
- 800.22.04 Determine reasons why people choose to use or not to use alcohol and other drugs.
- 800.22.05 Describe positive alternatives to using alcohol and other drugs.
- 800.22.06 Explain heroin and opioid addiction and prevention.
- 800.22.07 Identify the lethal effect of fentanyl and other opioid derivatives.
- 800.22.08 Determine the benefits of being alcohol- and other drug-free.

HE 800.23 Personal and Consumer Health: Students will demonstrate the ability to use knowledge, skills, and strategies to develop sound personal and consumer health practices involving the use of healthcare products, services, and community resources.

- 800.23.01 Analyze how health behaviors and use of health services are influenced by diversity, such as family traditions, social/cultural customs, religious beliefs, geographic locations (access to services), and economic status.
- 800.23.02 Describe society's responsibility for maintaining and improving the quality and availability of health care from health clinics, physicians, Medicaid/Medicare, governmental agencies, and community based organizations.

HE.800.24 Family Life and Human Sexuality: Students will demonstrate the ability to use human development knowledge, social skills, and health enhancing strategies to promote positive relationships and healthy growth and development throughout the life cycle.

- 800.24.01 Analyze how relevant influences affect sexual health practices, behaviors, and relationships.
- 800.24.02 Explain the importance of talking with parents and other trust adults about issues related to relationships, growth and development, sexual health, and questions regarding sexual orientation and gender identity.
- 800.24.03 Describe characteristics of healthy relationships.
- 800.24.04 Differentiate healthy and unhealthy relationships.
- 800.24.05 Determine the benefits of being sexually abstinent.
- 800.24.06 Summarize ways to prevent pregnancy, including not having sex and effective use of contraceptives.
- 800.24.07 Explain the importance of setting personal limits to avoid sexual risk behaviors.

HE.800.25 Safety and Injury Prevention: Students will demonstrate the ability to apply prevention and intervention knowledge, skills, and processes to promote safe living in the home, school, and community.

- 800.25.01 Explain why it is important to understand the perspectives of others in resolving interpersonal conflicts.
- 800.25.02 Analyze techniques that are used to coerce or pressure someone to use violence.
- 800.25.03 Demonstrate healthy and safe ways to respond to verbal and/or non-verbal interactions.
- 800.25.04 Define and identify areas where abuse and assault occur.
- 800.25.05 Describe situations and behaviors that constitute abuse and assault and boundary violations that might constitute sexual grooming, including the use of social media.

- 800.25.06 Identify situations where physical, emotional, verbal, or sexual abuse occurs in a person's family including domestic abuse.

HE.800.26 Nutrition and Fitness: Students will demonstrate the ability to use nutrition and fitness knowledge, skills, and strategies to promote a healthy lifestyle.

- 800.26.01 Summarize a variety of nutritious food choices for each food group.
- 800.26.02 Summarize the benefits of eating plenty of fruits and vegetables.
- 800.26.03 Analyze the benefits of healthy eating as it relates to the prevention of disease.
- 800.26.04 Summarize the mental and social benefits of physical activity.
- 800.26.05 Explain how an inactive lifestyle contributes to chronic disease.

HE 800.27 Disease Prevention and Control: Students will demonstrate the ability to apply prevention and treatment knowledge, skills and strategies to reduce susceptibility and manage disease.

- 800.27.01 Summarize health practices to prevent the spread of infectious diseases that are transmitted by food, air, indirect contact, and person-to-person contact.
- 800.27.02 Describe the importance of seeking help and treatment for common infectious diseases and chronic diseases.
- 800.27.03 Explain the difference between infectious, noninfectious, acute and chronic diseases.
- 800.27.04 Describe how an inactive lifestyle contributes to chronic disease.
- 800.27.05 Recognize and describe symptoms, effects on the body, treatment, and prevention of HIV & AIDS.