

Course Overview/Description

In eighth grade health class, students will develop an understanding for sexual health, including but not limited to sexuality, sexual identity, decision making, handling pressure, anatomy, puberty, consent, body image, pregnancy prevention and abstinence. Students also will cover violence prevention and injury prevention. Lastly, 8th graders spend time understanding academic and career planning, focusing on post high school options, as well as their financial future and job prospects.

Lessons are from the *HealthSmart* online program

Course Essential Standards

1. Standard 1.8.1: Analyze the relationship between healthy behaviors and personal health.
2. Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
3. Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
4. Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.
5. Standard 6.8.2: Develop a goal to adopt, maintain, or improve a personal health practice.
6. Standard 6.8.3: Apply strategies and skills needed to attain a personal health goal.

Scope and Sequence

Abstinence, Puberty, & Personal Health		
Lessons	Instructional Topics	Standards
Talking About Sexuality	<ol style="list-style-type: none"> 1. Identify sources of accurate information about sexuality. 2. Explain the importance of talking with parents and other trusted adults about sexuality. 	<p>1.8.2: Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence.</p> <p>3.8.1: Analyze the validity of health information, products, and services.</p>
Sexual Identity and Stereotyping	<ol style="list-style-type: none"> 1. Apply ways to challenge sexual stereotyping. 2. Describe how sexual stereotyping can negatively affect people. 	<p>7.8.2: Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.</p> <p>8.8.1: State a health-enhancing position on a topic and support it with accurate information.</p>
What is Affirmative Consent?	<ol style="list-style-type: none"> 1. Explain why it is an individual's responsibility to make sure that all sexual contact is consensual. 2. Explain why individuals have the right to refuse sexual contact. 3. Explain why it is wrong to trick, threaten or pressure another person into sexual activity. 	<p>1.8.5: Describe ways to reduce or prevent injuries and other adolescent health problems.</p> <p>1.8.7: Describe the benefits of and barriers to practicing healthy behaviors.</p> <p>7.8.1: Explain the importance of assuming responsibility for personal</p>

		health behaviors.
Healthy Romantic Relationships	<ol style="list-style-type: none"> 1. Explain the qualities of a healthy romantic relationship. 2. Differentiate healthy and unhealthy romantic relationships. 	1.8.1: Analyze the relationship between healthy behaviors and personal health.
The Reproductive System	Summarize basic reproductive body parts and their functions.	1.8.1: Analyze the relationship between healthy behaviors and personal health.
Puberty	<ol style="list-style-type: none"> 1. Describe the physical, social, mental and emotional changes associated with puberty. 2. Summarize the benefits of talking with parents and other trusted adults about sexuality. 	<p>1.8.2: Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence.</p> <p>4.8.1: Apply effective verbal and nonverbal communication skills to enhance health.</p>
The Menstrual Cycle & Pregnancy	<ol style="list-style-type: none"> 1. Describe how pregnancy occurs. 	1.8.1: Analyze the relationship between healthy behaviors and personal health.
Body Image Basics	<ol style="list-style-type: none"> 1. Differentiate between a positive and negative body image. 2. Explain the importance of a positive body image. 3. Analyze influences on body image. 4. Explain ways to develop or maintain a positive body image. 5. Express intentions to develop or maintain a positive body image. 	<p>1.8.1: Analyze the relationship between healthy behaviors and personal health.</p> <p>2.8.1: Examine how the family influences the health of adolescents.</p> <p>2.8.2: Describe the influence of culture on health beliefs, practices, and behaviors.</p> <p>2.8.3: Describe how peers influence healthy and unhealthy behaviors.</p> <p>2.8.5: Analyze how messages from media influence health behaviors.</p> <p>7.8.2: Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.</p>
Taking Care of Sexual Health	<ol style="list-style-type: none"> 1. Describe practices to protect sexual health. 2. Summarize the benefits of good hygiene practices for promoting health and maintaining positive social relationships. 3. Explain the importance of seeking help for sexual health issues. 	<p>1.8.1: Analyze the relationship between healthy behaviors and personal health.</p> <p>1.8.6: Explain how appropriate health care can promote personal health.</p> <p>3.8.4: Describe situations that may require professional health services.</p> <p>7.8.1: Explain the importance of assuming responsibility for personal health behaviors.</p>
Feelings & Relationships	<ol style="list-style-type: none"> 1. Describe appropriate, healthy and safe ways to express romantic feelings. 2. Explain the importance of setting 	1.8.1: Analyze the relationship between healthy behaviors and personal health.

	<p>personal limits for the expression of romantic feelings to avoid sexual risk behaviors.</p> <p>3. Give examples of how setting personal limits for the expression of romantic feelings can help keep teens healthy and safe.</p>	<p>2.8.2: Describe the influence of culture on health beliefs, practices, and behaviors.</p> <p>4.8.1: Apply effective verbal and nonverbal communication skills to enhance health.</p>
Benefits of Abstinence	<ol style="list-style-type: none"> Determine the benefits of being sexually abstinent. Explain why sexual abstinence is the safest, most effective risk avoidance method of protection from STD and pregnancy. Advocate for protecting sexual health by being sexually abstinent. 	<p>1.8.1: Analyze the relationship between healthy behaviors and personal health.</p> <p>1.8.7: Describe the benefits of and barriers to practicing healthy behaviors.</p> <p>8.8.1: State a health-enhancing position on a topic and support it with accurate information.</p> <p>8.8.2: Demonstrate how to influence and support others to make positive health choices.</p>
Reproductions & Teen Pregnancy	<ol style="list-style-type: none"> Explain how pregnancy occurs. Personalize the risk of pregnancy, if having unprotected sexual intercourse. Identify the consequences of becoming a teen parent. Use advocacy skills to encourage others to avoid unplanned pregnancy. 	<p>1.8.1: Analyze the relationship between healthy behaviors and personal health.</p> <p>1.8.8: Examine the likelihood of injury or illness if engaging in unhealthy behaviors.</p> <p>1.8.9: Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors.</p> <p>7.8.1: Explain the importance of assuming responsibility for personal health behaviors.</p> <p>8.8.2: Demonstrate how to influence and support others to make positive health choices.</p> <p>8.8.3: Work cooperatively to advocate for healthy individuals, families, and schools.</p>
HIV, STD, & Pregnancy Prevention		
Lessons	Instructional Topics	Standards
STI Facts	<ol style="list-style-type: none"> Describe symptoms of common STIs. Explain that some STIs are asymptomatic. Explain how common STIs are 	<p>1.8.1: Analyze the relationship between healthy behaviors and personal health.</p> <p>1.8.9: Examine the potential</p>

	<p>transmitted.</p> <ol style="list-style-type: none"> 4. Explain the short- and long-term consequences of common STIs. 5. Summarize which STIs can be cured and which can be treated. 6. Describe why sexual abstinence is the safest, most effective way to avoid STD. 	<p>seriousness of injury or illness if engaging in unhealthy behaviors.</p>
HIV Facts	<ol style="list-style-type: none"> 1. Explain how HIV is transmitted. 2. Describe symptoms of HIV. 3. Explain the consequences of HIV. 4. Describe why sexual abstinence is the safest, most effective way to avoid HIV. 5. Explain why it is safe to be a friend of someone who has HIV. 	<p>1.8.1: Analyze the relationship between healthy behaviors and personal health.</p> <p>1.8.8: Examine the likelihood of injury or illness if engaging in unhealthy behaviors.</p> <p>1.8.9: Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors.</p>
Preventing Pregnancy	<ol style="list-style-type: none"> 1. Describe ways sexually active people can reduce the risk of pregnancy through effective use of contraceptives. 2. Describe why sexual abstinence is the safest, most effective way to avoid pregnancy. 	<p>1.8.1: Analyze the relationship between healthy behaviors and personal health.</p>
STI & Responsible Actions	<ol style="list-style-type: none"> 1. Describe responsible actions for someone who has an STD. 	<p>1.8.1: Analyze the relationship between healthy behaviors and personal health.</p> <p>3.8.4: Describe situations that may require professional health services.</p> <p>7.8.1: Explain the importance of assuming responsibility for personal health behaviors.</p>
Making Sexual Health Decisions	<ol style="list-style-type: none"> 1. Demonstrate decision-making skills that can be used to protect sexual health. 	<p>5.8.1: Identify circumstances that can help or hinder healthy decision making.</p> <p>5.8.2: Determine when health-related situations require the application of a thoughtful decision-making process.</p> <p>5.8.3: Distinguish when individual or collaborative decision making is appropriate.</p> <p>5.8.4: Distinguish between healthy and unhealthy alternatives to health-related issues or problems.</p> <p>5.8.5: Predict the potential short-term</p>

		<p>impact of each alternative on self and others.</p> <p>5.8.6: Choose healthy alternatives over unhealthy alternatives when making a decision.</p> <p>5.8.7: Analyze the outcomes of a health-related decision.</p>
Resisting Sexual Pressure	<ol style="list-style-type: none"> 1. Describe techniques used to pressure someone to engage in sexual behaviors. 2. Identify effective words and actions to resist sexual pressure. 	<p>4.8.1: Apply effective verbal and nonverbal communication skills to enhance health.</p> <p>4.8.2: Demonstrate refusal and negotiation skills that avoid or reduce health risks.</p>
Roleplay Practice: Saying NO to Sexual Pressure	<ol style="list-style-type: none"> 1. Demonstrate effective refusal skills to resist sexual pressure. 	<p>4.8.2: Demonstrate refusal and negotiation skills that avoid or reduce health risks.</p>
Dealing with Unwanted Touch	<ol style="list-style-type: none"> 1. Demonstrate using assertive communication to defend personal boundaries. 2. Explain why individuals have the right to refuse sexual contact. 	<p>1.8.5: Describe ways to reduce or prevent injuries and other adolescent health problems.</p> <p>4.8.2: Demonstrate refusal and negotiation skills that avoid or reduce health risks.</p>
Understanding Sexual Abuse	<ol style="list-style-type: none"> 1. Explain that a person who has been sexually abused is not at fault. 2. Explain that sexual abuse should be reported to a trusted adult. 3. Explain that there are resources and supports that can help survivors of abuse heal and recover. 4. Demonstrate how to ask for help for themselves or a friend. 	<p>1.8.5: Describe ways to reduce or prevent injuries and other adolescent health problems.</p> <p>3.8.4: Describe situations that may require professional health services.</p> <p>3.8.5: Locate valid and reliable health products and services.</p> <p>4.8.4: Demonstrate how to ask for assistance to enhance the health of self and others.</p>
Violence & Injury Prevention		
Lessons	Instructional Topics	Standards
Understanding Risks & Unintentional Injury	<ol style="list-style-type: none"> 1. Describe consequences of unintentional injury. 2. Describe situations that could lead to unsafe risks that cause injuries. 3. Identify benefits of reducing the risks for injury. 	<p>1.8.1: Analyze the relationship between healthy behaviors and personal health.</p> <p>1.8.5: Describe ways to reduce or prevent injuries and other adolescent health problems.</p> <p>1.8.8: Examine the likelihood of injury or illness if engaging in unhealthy</p>

		<p>behaviors.</p> <p>1.8.9: Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors.</p> <p>2.8.7: Explain how the perceptions of norms influence healthy and unhealthy behaviors.</p>
Avoiding Motor Vehicle Injuries (optional enrichment)	<ol style="list-style-type: none"> 1. Describe ways to reduce risks of injuries while riding in or on a motor vehicle. 2. Explain the risks associated with using alcohol or other drugs and driving a motor vehicle. 3. Describe ways to avoid riding in or on a motor vehicle with a driver who has been using alcohol or other drugs. 	
Safety Rules to Prevent Common Injuries (optional enrichment)	<ol style="list-style-type: none"> 1. Describe ways to reduce the risk of injuries around water. 2. Describe ways to reduce the risk of injuries in case of fire. 3. Describe ways to reduce the risk of injuries during sports and recreational activities. 4. Describe ways to reduce the risk of injuries from firearms. 5. Describe ways to reduce the risk of injuries as a pedestrian. 6. Describe ways to reduce the risk of injuries from falls. 7. Identify actions to take to prevent injuries during severe weather. 	
Safety Gear & Me (optional enrichment)	<ol style="list-style-type: none"> 1. Explain the importance of helmets and other safety gear for biking, skateboarding, inline skating and other activities. 2. Demonstrate advocacy skills to support others to be safe by encouraging helmet use. 	
Resisting Dares	<ol style="list-style-type: none"> 1. Describe words and actions they can use to resist dares. 2. Demonstrate effective refusal skills to say NO to pressure to take unsafe risks. 	<p>2.8.3: Describe how peers influence healthy and unhealthy behaviors.</p> <p>4.8.1: Apply effective verbal and nonverbal communication skills to enhance health.</p> <p>4.8.2: Demonstrate refusal and negotiation skills that avoid or reduce health risks.</p> <p>7.8.1: Explain the importance of</p>

		<p>assuming responsibility for personal health behaviors.</p> <p>7.8.3: Demonstrate behaviors to avoid or reduce health risks to self and others.</p>
Making Safe Decisions	<ol style="list-style-type: none"> 1. Demonstrate decision-making skills that can be used to avoid or reduce the risk of unintentional injuries. 	<p>5.8.1: Identify circumstances that can help or hinder healthy decision making.</p> <p>5.8.2: Determine when health-related situations require the application of a thoughtful decision-making process.</p> <p>5.8.3: Distinguish when individual or collaborative decision making is appropriate.</p> <p>5.8.4: Distinguish between healthy and unhealthy alternatives to health-related issues or problems.</p> <p>5.8.5: Predict the potential short-term impact of each alternative on self and others.</p> <p>5.8.6: Choose healthy alternatives over unhealthy alternatives when making a decision.</p> <p>5.8.7: Analyze the outcomes of a health-related decision.</p>
Understanding Violence	<ol style="list-style-type: none"> 1. Define violence. 2. Describe the similarities and differences between types of violent behaviors. 3. Describe consequences of violence to perpetrators, victims and bystanders. 4. Explain the role of bystanders in escalating, preventing or stopping violence. 	<p>1.8.1: Analyze the relationship between healthy behaviors and personal health.</p> <p>1.8.8: Examine the likelihood of injury or illness if engaging in unhealthy behaviors.</p> <p>1.8.9: Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors.</p>
Understanding Bullying	<ol style="list-style-type: none"> 1. Identify different types of bullying. 2. Explain the short-term and long-term effects of bullying on targets. 3. Describe how power and control differences can contribute to bullying. 	<p>1.8.1: Analyze the relationship between healthy behaviors and personal health.</p> <p>2.8.6: Analyze the influence of technology on personal and family health.</p>
Taking a Stand Against Bullying	<ol style="list-style-type: none"> 1. Identify actions to prevent or stop bullying. 2. Express intentions to help prevent bullying at school. 	<p>1.8.1: Analyze the relationship between healthy behaviors and personal health.</p>

		<p>1.8.7: Describe the benefits of and barriers to practicing healthy behaviors.</p> <p>4.8.4: Demonstrate how to ask for assistance to enhance the health of self and others.</p> <p>7.8.3: Demonstrate behaviors to avoid or reduce health risks to self and others.</p>
Hazing: A Different Kind of Bullying	<ol style="list-style-type: none"> 1. Define hazing and explain why it is a form of bullying. 2. Describe consequences of hazing. 3. Explain ways to prevent or stop hazing. 	<p>1.8.1: Analyze the relationship between healthy behaviors and personal health.</p> <p>2.8.3: Describe how peers influence healthy and unhealthy behaviors.</p> <p>7.8.3: Demonstrate behaviors to avoid or reduce health risks to self and others.</p>
Feelings & Fights	<ol style="list-style-type: none"> 1. Describe situations that could lead to physical fighting. 2. Describe appropriate ways to express and deal with emotions. 3. Describe strategies to avoid physical fighting. 4. Identify nonviolent ways to respond when angry or upset. 	<p>1.8.1: Analyze the relationship between healthy behaviors and personal health.</p> <p>1.8.5: Describe ways to reduce or prevent injuries and other adolescent health problems.</p> <p>1.8.8: Examine the likelihood of injury or illness if engaging in unhealthy behaviors.</p> <p>2.8.3: Describe how peers influence healthy and unhealthy behaviors.</p> <p>2.8.5: Analyze how messages from the media influence health behaviors.</p>
Skills to Resolve Conflict	<ol style="list-style-type: none"> 1. Describe ways to manage interpersonal conflict nonviolently. 2. Explain why it is important to understand the perspectives of others in resolving conflicts. 3. Determine the benefits of using nonviolent means to solve interpersonal conflicts. 	<p>1.8.5: Describe ways to reduce or prevent injuries and other adolescent health problems.</p> <p>1.8.7: Describe the benefits of and barriers to practicing healthy behaviors.</p> <p>4.8.3: Demonstrate effective conflict management or resolution strategies.</p>
Conflict Resolution Role Plays	<ol style="list-style-type: none"> 1. Demonstrate skills for resolving conflict. 	<p>4.8.3: Demonstrate effective conflict management or resolution strategies.</p> <p>4.8.4: Demonstrate how to ask for assistance to enhance the health of self and others.</p>

		<p>7.8.2: Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.</p> <p>7.8.3: Demonstrate behaviors to avoid or reduce health risks to self and others.</p>
Academic and Career Planning		
Lessons	Instructional Topics/Goals	Goals
Financial Planning	Introduce financial planning	Understand the relationship between education, income, career, and desired lifestyle and will develop the planning skills needed to achieve desired financial goals.
Career Programs	Introduce the 6 Career Programs of Study in High School and identify freshman level classes that align with their postsecondary goals	
Applying for jobs	Introduction to job application and interview process	
Xello Career Information	<ol style="list-style-type: none"> 1. Complete Career Xello grade level activities <ul style="list-style-type: none"> • Skills • Explore career matches • Transition to High School • Self Advocacy 2. Revise Career Matchmaker and Interest Inventories 	
Career Exploration	<ol style="list-style-type: none"> 1. Explore post-secondary options-(2 year, 4 year, military, career) 2. Attend a career fair to explore career options 3. Self-reflect on Life and Career Skills and how it relates to future success in high school 	