

## **Course Name: Grade 8 - Health Education (M8802)**

### **Course Description:**

The Grade 6-8 Health Education Program is designed to give students the opportunity to examine the importance of wellness throughout a lifespan. Students will examine factors that both support and hinder the achievement of personal health goals. Students will explore the efforts of organizations to prevent and control disease as well as health conditions. The program is also designed to give students the ability to analyze various health issues to determine not only how they can live healthier lives, but how they can positively impact the health of others. An examination of the impact that community and groups can have on individuals will allow students to plan and implement ways to promote health at various levels. Students will not only understand the short-term and long-term effects of various drugs, but they will also gain an understanding of the cycle of addiction and dependency. Students will gain the skills necessary to examine the short and long-term effects of their decisions. Students will also explain the role of practicing healthy behaviors in an effort to prevent disease and unintended health issues and outcomes. Students will examine the characteristics of a healthy relationship and will discuss the various types of relationships that exist as well as cultural stereotypes. Students will understand the strategies available to deal with stress, conflict, crisis, and change. The students will determine when it is necessary to seek help from a health professional and research ways to advocate for health issues. In order to achieve these goals, the course will be guided by both the New Jersey State Standards and the National Standards for Health Education.

### **Course Proficiencies:**

The following list of proficiencies describes what students are expected to know and be able to do as a result of successfully completing this course. The proficiencies are the basis for assessment of student achievement. The learner will demonstrate the ability to:

#### Personal Growth and Development

- A. Describe the human reproductive systems, the external and internal body parts and their functions, and the natural variations that exist in human bodies. 2.1.8.PGD.3
- B. Analyze how genetics and family history can impact personal health. 2.1.8.PGD.2

#### Alcohol, Tobacco and Other Drugs

- A. Relate the use of alcohol and other drugs to decision-making, consent, and risk for sexual assault. 2.3.8.ATD.2

#### Social and Sexual Health

- A. Describe pregnancy testing, the signs of pregnancy, and pregnancy options, including parenting, abortion, and adoption. 2.1.8.PP.1
- B. Summarize the stages of pregnancy from fertilization to birth. 2.1.8.PP.2

- C. Identify prenatal practices and resources that support a healthy pregnancy and assist with parenting. 2.1.8.PP.3; 2.1.8.PP.5
- D. Predict challenges that may be faced by adolescent parents and their families. 2.1.8.PP.4
- E. Identify factors that contribute to making healthy decisions about sex including abstinence. 2.1.8.SSH.7; 2.1.8.SSH.9; 2.1.8.SSH.10; 2.3.8.HCDM.5
- F. Develop a plan to eliminate or reduce risk of unintended pregnancy and STIs/HIV and describe the signs, symptoms, potential impacts and treatment resources. 2.3.8.HCDM.4; 2.1.8.SSH.11; 2.1.8.CHSS.5

#### Personal Safety

- A. Describe strategies that sex traffickers/exploiters employ to recruit youth. 2.3.8.PS.4
- B. Identify the state and federal laws related to minors' access (consent, confidentiality, sexual abuse, pregnancy and STI's/HIV prevention, testing, care, and treatment.) to sexual healthcare services. 2.1.8.CHSS.2; 2.3.8.PS.2; 2.1.8.CHSS.3
- C. Identify the risks and potential consequences of sexting. 2.3.8.PS.6

#### Community Health Services and Support

- A. Identify community resources and trusted adults that students can go to if they or someone they know is being sexually mistreated. 2.1.8.CHSS.4

#### Assessments:

The evaluation of student achievement in this class is based on the following:

- Tests/quizzes
- Open-ended responses and essays
- Individual and group projects
- Multimedia presentations
- Classroom discussions

#### Board Adopted Materials:

Teaching Resources and Related Student Materials:

- Glencoe Teen Health 3, Glencoe/McGraw-Hill (2009)
- [Kidshealth.org](http://Kidshealth.org)
- Reproductive Systems
  - Teen Health textbook
  - [Kidshealth.org](http://Kidshealth.org)
- Pregnancy
  - [American Pregnancy Association](http://AmericanPregnancyAssociation.org)

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- Childbirth Options - [Planned Parenthood](#)
- Prenatal Care
  - [HealthyChildren.org - From the American Academy of Pediatrics](#)
- STI/STD
  - Teen Health Course 3 textbook
  - [Kidshealth.org](#)