

8th GRADE

Mental, Emotional and Social Health

Lessons

Indicators

Body Image
Positive Self-
Concept

M-8.1.1 Examine factors that contribute to a positive self-concept.

M-8.1.2 Discuss the interrelationship among mental, emotional, social, and physical health during adolescence.

Influences on
Body Image

M-8.2.1 Examine how family, peers, and the media influence the mental, emotional, and social health of adolescents.

M-8.1.3 Describe the characteristics of resiliency.

M-8.7.2 Discuss coping strategies to increase his or her resiliency.

Discover Valid
Health Information
(Research Lab)

M-8.3.1 Locate valid health information, products, and services.t..

Develop a stress-
management plan

M-8.6.1 Implement a stress-management plan.

Maintain / Improve
Mental, Emotional,
and Social Health

M-8.7.1 Implement strategies to maintain or improve his or her mental, emotional, and social health.

8th GRADE

Personal Health

Lessons

Indicators

8 Dimensions of Personal Wellness

P-8.1.1 Explain the components of a personal wellness program.

P-8.1.2 Discuss how heredity, lifestyle, behaviors, environment, and medical care influence an individual's health.

Communicable Diseases Cancer Pathways and Blood Donation

P-8.7.1 Explain behaviors that may lead to the spread of communicable diseases (for example, common cold, flu,).

Dental Health Plan (Guest speaker)

P-8.7.2 List actions to include in a dental health plan.

Advocate for a healthy environment (Blue Zone Project)

P-8.8.1 Demonstrate ways to encourage others to avoid risk-taking behaviors.

P-8.8.2 Demonstrate ways to advocate for a healthy environment.

Day 2 - Finish Project

8th GRADE

Injury Prevention and Safety

Lessons

Indicators

Review Personal Safety

(Include Internet Safety)

I-8.1.1 Identify ways to reduce risk of unintentional and intentional injuries in the home, school, and community.

I-8.5.1 Apply a decision-making process to deal with situations involving personal safety and risk, including the use of the Internet.

Refusal Skills

(Role Play Activity)

I-8.4.1 Apply refusal and negotiation skills to reduce the risk of injury and promote personal safety.

Conflict Management

I-8.7.1 Demonstrate behaviors and strategies to manage conflict in healthy ways.

I-8.7.2 Analyze ways to avoid or reduce threatening situations..

Impact of Gangs

I-8.1.2 Discuss the impact of gang activity on individuals, peers, family, school, and community.

I-8.2.1 Analyze the effect of gangs on personal safety in his or her community..

How can I reduce violence?

I-8.7.3 Implement protective strategies to reduce the risk of violence in his or her home, school, and community..

8th GRADE

Alcohol, Tobacco and Other Drugs

Lessons

Indicators

Why do people use ATOD?

D-8.1.1 Discuss the reasons that individuals use and abuse ATOD.

D-8.2.1 Analyze the influence of family, peers, culture, and the media on an individual's ATOD use.

Consequences of ATOD use (PSA project)

D-8.1.2 Examine the short- and long-term effects and consequences of ATOD use, including the impact on society.

D-8.5.1 Analyze ways that a person's decisions about ATOD affect his or her family and peers as well as society.

Day 2 - Finish Project

Positive Alternatives (Role of Dopamine)

D-8.5.2 Explain when and how to ask for assistance in dealing with ATOD abuse in his or her family.

D-8.8.1 Demonstrate ways to advocate to others to use positive alternatives to ATOD use.

SRO Guest Speaker

D-8.1.3 Identify ways to access laws relating to ATOD use, possession, and sales.

8th GRADE

Nutrition and Physical Activity

Lessons

Indicators

Review dietary guidelines and eating disorders

N-8.1.1 Examine the benefits of following the federal dietary guidelines.

N-8.2.1 Describe ways that personal economics and geographic location influence food choices and availability.

N-8.1.2 Discuss ways that disordered eating impacts an individual's health, including his or her oral health.

N-8.1.3 Compare and contrast the mental, social and physical benefits of moderate to vigorous physical activity.

Personal dietary plan
(Think- Pair- Share)

N-8.6.1 Set a personal goal to achieve a healthy diet, monitor the progress of that goal, and make the necessary adjustments to reach it.

N-8.6.3 Develop and implement a personal dietary plan that benefits his or her oral health as well as overall health.

Personal activity plan

N-8.2.2 Discuss the influence of the environment on a person's physical activity.

N-8.6.2 Develop and implement a plan to increase his or her physical activity.

Research Lab
(Develop Personal Dietary and Activity Plan)

Present your personal plan

N-8.7.1 Discuss the importance of assuming personal responsibility for healthy eating and physical activity.

N-8.4.1 Explain to others the importance of variety and moderation in food selection and consumption.

8th GRADE

Growth, Development, and Sexual Health and Responsibility

Lessons

Indicator

Influence of family (Family Interview Assignment)

- G-8.1.1 Explain how roles, rules, and responsibilities of the members in a family change over time (for example, parental responsibilities regarding a teenager as opposed to an infant).
- G-8.4.1 Discuss effective verbal and nonverbal communication skills for healthy parent, family, and peer relationships.
- G-8.4.3 Compare and contrast ways to communicate with parents, family members, and other trustworthy adults (for example, health care providers, school nurses, guidance counselors) about reproductive health and responsible behaviors.

Influence of the Media

- G-8.2.1 Explain ways that culture and the media influence families and relationships.
- G-8.2.2 Explain ways that the media influences an individual's body image.
- G-8.2.3 Discuss the influence of family, peers, culture, and the media on personal decisions about sexuality and behavior.

Reproductive System Compare and Contrast

- G-8.1.2 Compare and contrast the structures and functions of the male and female reproductive systems.
- G-8.1.3 Discuss health issues that are specifically related to the reproductive systems.
- G-8.1.8 Describe the signs and symptoms of pregnancy.
- G-8.1.5 Describe signs and symptoms of STIs/STDs, HIV, and AIDS.
- G-8.1.6 Describe effective treatments for STIs/STDs, HIV, and AIDS.
- G-8.3.1 Evaluate the availability of valid information and community resources related to reproductive health and STIs/STDs.

Contraception & Dating Violence

(SEPARATE MALE & FEMALE)

- G-8.1.4 Discuss the advantages of abstinence.
- G-8.1.7 Explain effective methods for the prevention of STIs/STDs, HIV, and unintended pregnancy.
- G-8.1.9 Discuss South Carolina laws relating to the sexual conduct of minors, including criminal sexual conduct.
- G-8.3.2 Access valid information and resources related to dating violence, sexual harassment, and sexual abuse.
- G-8.7.1 Develop strategies for dealing with harmful behaviors, including dating violence, in his or her relationships.
- G-8.7.2 Discuss the appropriate steps a person should take if he or she becomes the victim of dating violence, sexual harassment, or assault.

What's your why? (Reasons to protect yourself)

- G-8.4.2 Utilize communication and refusal skills to promote sexual abstinence and to avoid risk behaviors.
- G-8.5.1 Apply a decision-making process to promote abstinence and to avoid risk behaviors, including the use of the Internet.
- G-8.6.1 Set a personal goal to protect him- or herself from STIs/STDs, HIV, and AIDS.
- G-8.6.2 Set a personal goal to prevent pregnancy.