

Grade 8 Health

Content Standards:

Students will:

- Know how to establish and maintain physical, social, and mental/emotional health
- Know how to prevent injury and disease
- Understand basic principles of human growth and development
- Know how to establish and maintain substance-free lifestyles

Major Resources:

Teen Health (Glencoe-McGraw Hill 1999)

Benchmark	Topic
<ol style="list-style-type: none"> 1. Describe the endocrine system. 2. Describe the male and female reproductive systems. 3. Identify problems that may affect the endocrine and reproductive system, and describe how these problems may be treated or prevented. 	<p style="text-align: center;">Male and Female Reproductive System (Chapter 10—Lesson 7 & 8)</p>

Benchmark	Topic
<ol style="list-style-type: none"> 1. Explain how to prevent the spread of disease. 2. Describe the body's defenses against germs. 3. Compare and contrast common communicable diseases. 4. Explain what sexually transmitted diseases are and why practicing abstinence is the best way to avoid getting them. 5. Explain what HIV/AIDS is and how it can be prevented. 	<p style="text-align: center;">Communicable Diseases (Chapter 11)</p>

Benchmark	Topic
<ol style="list-style-type: none"> 1. Explain how tobacco, alcohol and other drugs affect health and safety. 2. Describe the stages of addiction and the steps that are a part of recovery. 3. Know ways to avoid using, alcohol, tobacco and 	<p style="text-align: center;">Tobacco, Alcohol, and Other Drugs (Chapter 13, 14, and 15)</p>

<p>other drugs.</p> <ol style="list-style-type: none"> Describe the health risks associated with the use of marijuana, hallucinogens, and inhalants. Identify ways to remain drug free. 	
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Benchmark	Topic
<ol style="list-style-type: none"> Know the impact good nutrition has on health. Describe the Food Guide Pyramid and how its use can help ensure a nutritious, balanced diet. Explain how to control weight healthfully. List the steps to take to help someone with an eating disorder. 	<p>Foods and Nutrition (Chapter 9)</p>

Benchmark	Topic
<ol style="list-style-type: none"> Explain how thoughts, feelings, and behavior affect mental and emotional health. Describe the impact that bullying has on one's mental health. Describe healthy ways to meet emotional needs and express emotions. Identify the dangers of stress. List healthy ways to cope with stress. 	<p>Mental and Emotional Health (Chapter 3)</p>

Benchmark	Topic
<ol style="list-style-type: none">1. Define conflict and explain why it happens.2. Identify positive ways to resolve conflicts.3. Explain how abuse and violence affect a person's health and wellness.	Conflict Resolution and Violence Prevention (Chapter 5)