



HEALTH
EIGHTH GRADE
17.00900

Eighth Grade Health Education Standards

17.00900

Students in eighth grade integrate a variety of health concepts, skills, and behaviors to plan for their personal health goals. These include prevention of disease and chemical addiction for the promotion of a healthy lifestyle. Students demonstrate confidence in their knowledge and skills. They see themselves as having a role in creating a healthy lifestyle for themselves as individuals, for their families, and for the larger community. These students will engage in promoting health in their community.

HE8.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Description: Students will acquire basic personal health concepts that help maintain healthy behaviors and prevent disease. Eighth grade students will describe patterns of healthy behaviors to prevent or reduce the risk of injury and/or illness throughout their lifespan. Students will examine the interrelationships of emotional, physical, social, and intellectual health and how each aspect of health can be impacted by their surroundings.

- a. Analyze the relationship between healthy behaviors and personal health
- b. Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence.
- c. Analyze how the environment affects personal health.
- d. Describe how family history can affect personal health.
- e. Describe ways to reduce or prevent injuries and other adolescent health problems.
- f. Explain how appropriate health care can promote personal health.
- g. Describe the benefits of and barriers to practicing healthy behaviors.
- h. Examine the likelihood of injury or illness if engaging in unhealthy behaviors.
- i. Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors.

HE8.2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Description: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. Eighth grade students will focus on identifying and understanding the diverse internal and external factors that influence health practices and behaviors among youth including personal values, beliefs, and perceived norms. Students will draw conclusions on how the family, peers, culture, and media influence personal and family health. Eighth graders will review how policies and regulations influence health promotion and risk reduction.

- a. Examine how the family influences the health of adolescents.
- b. Describe the influence of culture on health beliefs, practices, and behaviors.
- c. Describe how peers influence healthy and unhealthy behaviors.
- d. Analyze how the school and community can affect personal health practices and behaviors.
- e. Analyze how messages from media influence health behaviors.

- f. Analyze the influence of technology on personal and family health.
- g. Explain how the perceptions of norms influence healthy and unhealthy behaviors.
- h. Explain the influence of personal values and beliefs on individual health practices and behaviors.
- i. Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.
- j. Explain how school and public health policies can influence health promotion and disease prevention.

HE8.3: Students will demonstrate the ability to access valid information and products and services to enhance health.

Description: Students will access valid health information and health-promoting products and services. Eighth grade students will analyze the validity of health information, health promoting products, and services to prevent and detect health problems.

- a. Analyze the validity of health information, products, and services.
- b. Access valid health information from home, school, and community.
- c. Determine the accessibility of products that enhance health.
- d. Describe the situations that may require professional health services.
- e. Locate valid and reliable health products and services.

HE8.4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Description: Students will use effective communication skills to enhance personal, family, and community health. Eighth grade students will demonstrate verbal and nonverbal skills in the appropriate manner to maintain healthy relationships. Students will distinguish how communication skills are the basis for strengthening interpersonal interactions and reducing or avoiding conflict.

- a. Apply effective verbal and nonverbal communication skills to enhance health.
- b. Demonstrate refusal and negotiation skills that avoid or reduce health risks.
- c. Demonstrate effective conflict management or resolution strategies.
- d. Demonstrate how to ask for assistance to enhance the health of self and others.

HE8.5: Students will demonstrate the ability to use decision-making skills to enhance health.

Description: Students will use decision-making skills to identify, apply, and maintain health-enhancing behaviors. Eighth grade students will model the steps of the decision-making model and analyze the importance of seeking assistance before making a decision.

- a. Identify health-related situations that might require a thoughtful decision.

- b. Analyze when assistance is needed in making a health-related decision.
- c. List healthy options to a health-related issue or problem.
- d. Predict the potential outcomes of each option when making a health-related decision.
- e. Choose a healthy option when making a decision.
- f. Describe the outcomes of a health-related decision.

HE8.6: Students will demonstrate the ability to use goal-setting skills to enhance health.

Description: Students will use goal-setting skills to identify, apply, and maintain health-enhancing behaviors. Eighth grade students will utilize critical skills to achieve both short-term and long-term health goals and continue to aspire to maintain these goals in the future. Students should be prepared to modify goals when faced with changing abilities, priorities, and responsibilities.

- a. Compile and assess personal health practices.
- b. Develop a goal to adopt, maintain, or improve a personal health practice.
- c. Outline the strategies and skills necessary to attain a personal health goal.
- d. Describe how personal health goals can vary with changing abilities, priorities, and responsibilities.
- e. Explain how early sexual behavior can affect achieving long-term health goals.

HE8.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Description: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. Eighth grade students will summarize strategies that improve healthy behaviors and will assist students in developing positive healthy lifestyles to achieve wellness for a lifetime.

- a. Examine the relationship between assuming responsibility for personal health and avoiding risky behaviors.
- b. Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.
- c. Examine the behaviors to avoid or reduce health risks to self and others.

HE8.8: Students will demonstrate the ability to advocate for personal, family, and community health.

Description: Students will demonstrate the ability to advocate for personal, family, and community health. Eighth grade students will develop important advocacy skills to create persuasive health enhancing messages to encourage others to adopt healthy behaviors.

- a. Debate a health issue and support all sides with accurate information.
- b. Apply strategies that will influence and support others to make positive health choices.
- c. Work cooperatively to advocate for healthy individuals, families, and schools.
- d. Identify ways in which health messages and communication techniques can be altered for different audiences.