

## Grade 8 Health Education Scope and Sequence

Unit Theme	Unit Focus	Focus Standards	Concepts	Resource	Extensions
<b>Introduction</b>	The six units of 8 <sup>th</sup> grade health class include: Mental/Emotional Health; Alcohol, Tobacco, and Other Drugs; Sexual Health; Safety; Nutrition; and Anatomy.	DCPS state standards for 8 <sup>th</sup> grade health class are listed for each unit.	<ul style="list-style-type: none"> <li>Key concepts illustrate what students should take away from each unit, as related to the focus standards.</li> </ul>	The unit overviews for each unit can be referenced for more specific lists of resources.	Each unit has some overlay with themes from different subjects, including ELA and Mathematics, which are highlighted with references to DCPS state standards and Common Core standards.
<b>1 Mental/Emotional Health</b>	This unit centers on the multiple dimensions of health, including mental health, and how they are interrelated. It also examines factors that influence health. Students will explore how societal messages influence their own perceptions and behaviors.	<p>8.4.4 Describe the ways technology can affect personal health and health behaviors for better and worse.</p> <p>8.1.2 Recommend ways to help a friend or family member deal with emotional conflicts or problems</p> <p>8.1.1 Identify warning signs of depression</p> <p>8.1.3 Define healthcare disparities that exist in the community and analyze how poverty, race, class, and gender have contributed to those disparities.</p>	<ul style="list-style-type: none"> <li>Dimensions of health;</li> <li>Factors that influence health;</li> <li>Mental health</li> </ul>	Mental Health Unit Overview	<p>ELA Theme – Looking Back at the Past</p> <p>ELA SL.8.1 Engage effectively in a range of collaborative discussions with diverse partners on grade 8 topics, texts, and issue, building on others’ ideas and expressing their own clearly</p>
<b>2 Alcohol, Tobacco, and Other Drugs</b>	This unit explores the effects of substance abuse and identifies strategies to resist using alcohol, tobacco, and other drugs. This unit also helps students develop strategies and identify choices on a range of health issues to prevent drinking and driving in order to maintain personal, family, and community health.	<p>8.5.1 Demonstrate how to provide constructive criticism, including selecting the right time/place; focusing on things that can be changed; and providing advice that is positive, specific and helpful.</p> <p>8.4.3 Specify ways adolescents can advocate for personal, family, and community health</p> <p>8.1.16 Explain the relationship between injected drug use and diseases such as HIV/AIDS and hepatitis.</p> <p>8.6.1 Demonstrate the ability to identify choices on a range of health issues that are consistent with one’s own values, and do not involve risking one’s own health or safety, other people’s health or safety, or breaking the law.</p> <p>8.1.18 Explain the consequences of driving under the influence of alcohol and other drugs; and develop strategies to prevent drinking and driving in order to maintain personal, family, and community health.</p>	<ul style="list-style-type: none"> <li>Peer pressure;</li> <li>Decision Making Model</li> <li>Consequences of drug use</li> </ul>	LifeSkills III	<p>ELA Theme – It Happened in the City</p> <p>ELA SL.8.5 Integrate Multimedia and visual displays into presentations to clarify information, strengthen claims and evidence, and add interest.</p>

<p style="text-align: center;"><b>3</b> <b>Sexual Health</b></p>	<p>In this unit, students will learn about pregnancy and disease preventative measures they can take and about the consequences of sexual activity. This unit focuses on teen pregnancy and parenting. This unit also introduces students to the definitions of healthy relationships and sexual orientation.</p>	<p>8.4.2 Recognize that raising a child is one of the most important functions of a family; and describe the consequences of teen parenting from the perspectives of the teen mother, teen father, and parents of the teens.</p> <p>8.3.3 Define common risk factors associated with teen dating violence (e.g., alcohol, drugs, lack of parental supervision).</p> <p>8.1.13 Recognize that proper diet, exercise, rest, and avoidance of risk behaviors such as smoking, drinking, and other substance use, contribute to the health of a pregnant woman and positively impact the development of the fetus.</p> <p>8.1.10 Describe the physical and emotional changes that occur during each stage of pregnancy and the importance of regular prenatal care.</p> <p>8.1.9 Describe fertilization, embryonic development and fetal development</p> <p>8.1.5 Define sexual orientation, using correct terminology; and explain that as people grow and develop they may begin to feel romantically and/or sexually attracted to people of a different gender and/or to people of the same gender.</p> <p>8.3.2 Demonstrate safety strategies for the care of babies and young children.</p> <p>8.1.7 Compare and contrast the theories about what determines sexual orientation, including genetics; prenatal, social, and cultural influences; psychosocial factors; and a combination of all of these.</p>	<ul style="list-style-type: none"> <li>• Abstinence;</li> <li>• Parenting;</li> <li>• Pregnancy and disease prevention methods;</li> <li>• Healthy and unhealthy relationships;</li> <li>• Puberty, growth and development;</li> <li>• Sexual orientation</li> </ul>	<p>Sexual Health Resource Lessons</p>	<p>ELA Theme – It Happened in the Country</p> <p>ELA W.8.1 Critique and write arguments to support claims with clear reasons and relevant evidence.</p>
<p style="text-align: center;"><b>4</b> <b>Safety</b></p>	<p>This unit builds on personal safety to include consideration of others’ safety. Students will practice conflict-resolution strategies and procedures such as first aid and communication skills that promote personal safety and help address conflict. There is an emphasis on describing and demonstrating basic first-aid procedures.</p>	<p>8.3.1 Describe and demonstrate basic first-aid procedures.</p>	<ul style="list-style-type: none"> <li>• Disaster preparedness</li> <li>• Conflict resolution;</li> <li>• Bullying;</li> <li>• Basic first aid procedures;</li> <li>• Injury prevention;</li> <li>• Personal safety;</li> </ul>	<p>Safety Unit Overview</p>	<p>ELA Theme – Authors and Artists</p>

<p style="text-align: center;"><b>5</b> <b>Nutrition</b></p>	<p>This unit highlights to students the short-term and long-term benefits and risks associated with their nutritional choices. They will learn about eating disorders, ranging from being underweight to obese. They will learn how technology can affect their personal health.</p>	<p>8.1.14 Discuss the short-term and long-term benefits and risks associated with nutritional choices, such as heart disease, high cholesterol, cancer, and osteoporosis. 8.1.15 Differentiate between being overweight and being obese; and research and recommend healthy ways to lose, gain or maintain weight. 8.4.4 Describe the ways technology can affect personal health and health behaviors for better and for worse, such as through new, effective medicines; improved exercise equipment; and the availability and nutrient quality of food.</p>	<ul style="list-style-type: none"> <li>• Eating disorders;</li> <li>• Nutritional choices and disease</li> </ul>	<p>Team Nutrition’s <i>Empowering Youth</i></p>	<p>ELA Theme – Dramatically Speaking</p>
<p style="text-align: center;"><b>6</b> <b>Anatomy</b></p>	<p>In this unit, students will learn how heredity, physiological changes, environmental influences, and varying social experiences can affect their body systems and development. Students will also learn how they can use professional health services for their personal needs.</p>	<p>8.1.11 Illustrate how pathogens, family history, and other risk factors are related to the cause or prevention of disease and other health problems such as high blood pressure. 8.1.12 Describe how exposure to allergens and other environmental triggers can cause allergic reactions and asthma attacks. 8.1.6 Explain the importance of testing both partners for HIV and STIs before sexual behavior and the risks and precautions of birth delivery when HIV and STIs are present. 8.1.4 Explain how heredity, physiological changes, environmental influences, and varying social experiences contribute to one’s growth and development. 8.2.1 Develop guidelines for the use of professional health services based on the type of care needed, the nature of the problem, and the kind of questions that need answering.</p>	<ul style="list-style-type: none"> <li>• Body systems;</li> <li>• Disease and prevention</li> <li>• Asthma</li> </ul>		<p>ELA Theme – The Road Not Taken</p>