

8th Grade Health Curriculum

Violence

Lessons:

1. No Big Deal
2. A Commitment to Non Violence
3. Influence All Around
4. It's About Us
5. The Refusal Skill

HIV/Communicable Diseases

Lessons:

*****KNOW Curriculum (2 days)***

Tobacco, Alcohol and Other Drugs

Lessons:

1. Vulnerability: The Norms around Using Tobacco
2. Dangerous Drugs (include marijuana)-Day 1
3. Dangerous Drugs-Day 2
4. Performance Enhancing Drugs
5. Victims of Drinking

Safety/CPR/First Aid

Lessons:

1. Neighborhood Home Safety (review of material from 6th & 7th)
2. Injury Prevention and Treatment (RICE)

Growth and Development

Lessons:

1. Hormones and Puberty (compare and contrast)
2. Dating Progression
3. Non-Communicable Diseases (diabetes, cancer, heart disease)
4. Abstinence and Contraception (consequences of sex)

The Body

Lessons:

1. Cardio respiratory System and Exercise

Nutrition

Lessons:

1. 6 Essential Nutrients & Effects on the Body-Day 1
2. 6 Essential Nutrients & Effects on the Body-Day 2
3. Energy & Calorie Usage while Performing Physical Activities
4. BMR (make a plan according to their BMR)

Mental Health

Lessons:

1. What Stresses You Out?
2. Where to Get Help
3. Media's Influences
4. Decision Making

Sexual Harassment

*** See counselors for two-day sexual harassment curriculum*

Goal Setting

Lessons

1. Goal Setting in Health and Fitness (EALR 4.1)