



Carlstadt Public School District Curriculum Guide

Family Life Grade 8 - 40 minutes/week - full year

Scope & Sequence

| Unit | Pacing (Days/Weeks) | Key Ideas | Standards |
|-----------------------------|------------------------|---|--|
| Becoming a Lifelong Learner | 4 weeks | Identifying traits and skills of life-long learners; values that support lifelong learners; accessing valid resources; analyzing options; refusal skills; discipline; listening skills; conflict resolution; advocacy; decision making; anger management; setting reasonable goals; personal responsibility; respect for self and others; honesty and caring; social justice and restraint; motivation; work ethic; community service | 2.1.8.CHSS.8; 2.1.8.EH.1; 2.1.8.EH.2; 2.1.8.PGD.4; 2.1.8.SSH.3; 2.1.8.SSH.6; 2.2.8.LF.7; 2.3.8.PS.1; 2.3.8.PS.7 |
| Body Systems | 4 weeks | Comparing/contrasting structure of cells, tissues, and organ systems; health risks; DNA; body systems interdependence; genome projects; cellular structure; genes, genetics, traits; protective health factors; healthy habits; predicting changes in health over long periods of time | 2.1.8.PGD.1; 2.1.8.PGD.2; 2.1.8.PGD.3; 2.1.8.PGD.4; 2.2.8.N.1; 2.3.8.DSDT.1 |
| Fitness & Nutrition | 4 weeks | Nutritional needs assessment; healthy meal plans; variety in food preparation; cultural and ethnic choices; working with a budget; unit pricing and food labels; safe food storage and preparation techniques; economical food shopping; formulating and implementing a fitness plan; caloric values of food; consequences of choices; nutritional supplements; body image; diet analysis | 2.1.8.PGD.1; 2.1.8.PGD.4; 2.2.8.LF.4; 2.2.8.LF.5; 2.2.8.LF.6; 2.2.8.MSC.1; 2.2.8.MSC.2; 2.2.8.MSC.3; 2.2.8.MSC.4; 2.2.8.N.1; 2.2.8.N.2; 2.2.8.N.3; 2.2.8.N.4; 2.2.8.PF.3; 2.2.8.PF.4; 2.2.8.PF.5; 2.3.8.HCDM.3 |
| The Cycle of Life | 5 weeks | Male and female anatomy; fertilization and reproduction; hormones and hygiene; decisions about sexual activity and drug use; effective | 2.1.8.CHSS.1; 2.1.8.CHSS.4; 2.1.8.CHSS.8; 2.1.8.EH.1; 2.1.8.EH.2; 2.1.8.PGD.4; |



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| | | strategies for family communication; family support structures; appropriate ways to show affection at stages of life; consequences of behavior; abstinence; responsibility, pregnancy prevention; refusal skills; practicing peer and parent communication skills; influence of media and peers | 2.1.8.SSH.3; 2.1.8.SSH.4; 2.1.8.SSH.6; 2.1.8.SSH.8; 2.1.8.SSH.11; 2.2.8.MSC.7; 2.2.8.PF.1; 2.2.8.PF.5; 2.3.8.DSDT.2; 2.3.8.HCDM.4; 2.3.8.HCDM.5; 2.3.8.PS.1 |
| Social and Emotional Health | 5 weeks | Interpersonal and intrapersonal skills; communication methods; group decision making; working cooperatively; timely work; respecting others' decisions; following rules, procedures, and process; assessing one's strengths and weaknesses; importance of a trusted adult; health vs. unhealthy relationships; prejudice; leadership; achievement and competence | 2.1.8.CHSS.1; 2.1.8.CHSS.5; 2.1.8.PGD.1; 2.1.8.PGD.4; 2.1.8.SSH.8; 2.1.8.SSH.9; 2.1.8.SSH.10; 2.1.8.SSH.11; 2.3.8.ATD.2; 2.3.8.HCDM.1; 2.3.8.HCDM.3; 2.3.8.HCDM.4; 2.3.8.HCDM.5; 2.3.8.HCDM.7 |
| Disease and Illness Protection | 4 weeks | Signs and symptoms of illness; importance of early detection; breast self-examination; medical resources; following directions; prescriptions and proper use; OTC drugs; management of chronic diseases; goal setting; support systems; hygiene; scientific discovery and efforts to stamp out disease; role of heredity; tooth decay and dental disease; immunization; HIV and STIs. | 2.1.8.CHSS.8; 2.1.8.EH.1; 2.1.8.PS.1; 2.1.8.PS.3 |
| Safety, Injury & Violence Protection | 5 weeks | Negative social influences; strategies to avoid danger; refusal skills; recognizing emergencies; locating emergency supplies; first aid; precautionary measures to deal with blood; causes and effects of conflict; crime rates and economic loss; causes of death in adolescents; homicide, suicide, and the role of drugs; gangs and negative pressure hate groups; weapons; personal and family emergency plans; communication skills; influence of the media | 2.1.8.CHSS.1; 2.1.8.CHSS.2; 2.1.8.EH.2; 2.1.8.PG.2; 2.1.8.SSH.11; 2.2.8.N.4; 2.2.8.PF.5; 2.3.8.ATD.1; 2.3.8.ATD.2; 2.3.8.ATD.3; 2.3.8.ATD.4; 2.3.8.ATD.5; 2.3.8.DSDT.1; 2.3.8.DSDT.2; 2.3.8.DSDT.3; 2.3.8.DSDT.4; 2.3.8.DSDT.5; 2.3.8.PS.5 |



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| Substance Abuse Prevention | 5 weeks | Helpful and harmful use of prescription and non-prescription drugs; how to seek assistance; building assets; community resources; positive peer pressure; setting goals to resist negative peer pressure; avoiding self-destructive behavior; influence of marketing and advertising; evaluating government policies on substance abuse and prevention | 2.1.8.CHSS.1; 2.1.8.CHSS.6; 2.1.8.CHSS.7; 2.1.8.PGD.1; 2.3.8.ATD.1; 2.3.8.ATD.2; 2.3.8.ATD.4; 2.3.8.HCDM.1; 2.3.8.PS.1; 2.3.8.PS.6 |
| Consumer, Community, & Environmental Health | 4 weeks | Reliability of health-related information; role of media; socio-economic effects in health-related issues; healthcare; health insurance; availability and accessibility of healthcare services; advocacy; informed consumers; health policies at school; environmental and health issues in the community; environment, disease, and health; local effects of global ecological problems; laws and ordinances pertaining to environment | 2.1.8.CHSS.1; 2.1.8.CHSS.6; 2.1.8.CHSS.7; 2.1.8.PGD.1; 2.3.8.HCDM.1; 2.3.8.PS.1; 2.3.8.PS.6 |