



The comprehensive health standards in grades six through eight focus on enhancing and strengthening skills in the areas of physical, social, and emotional wellness and using those individual skills in family, school, and community environments. In each grade, the standards ask students to deepen their understanding of ways to set and maintain healthy relationships and continue to investigate healthy eating/living habits, positive communication strategies, effective decision making, and ways to ensure personal and community safety.

#### Expectations for 8th Grade Students:

- **Physical and Personal Wellness:** Demonstrate the ability to make healthy food choices; promote and enhance health through disease prevention; explain the physical, emotional, mental and social benefits of sexual abstinence and develop strategies to resist pressures to become sexually active; explain the signs and symptoms of HIV/AIDS, other sexually transmitted diseases (STDs) and unintended pregnancy, and how certain behaviors place a person at greater risk.
- **Social and Emotional Wellness:** Analyze the factors that influence mental and emotional health; access valid school and community resources to help with mental and emotional health concerns.
- **Prevention and Risk Management:** Analyze influences that impact an individual's use or non-use of alcohol, tobacco, other drugs and violence; access valid sources and information, and demonstrate decision-making skills to be drug-free; advocate for a positive, respectful school and community environment that support pro-social behaviors.

#### Throughout 8th Grade You May Find Students:

- Demonstrating the ability to make healthy food choices in a variety of settings.
- Analyzing how certain behaviors place one at greater risk for HIV/AIDS, sexually transmitted diseases (STDs), and unintended pregnancy.
- Demonstrating verbal and nonverbal refusal skills in high-pressure situations.
- Analyzing the internal and external influences that impact one's social and emotional health and the decision to seek help when needed.
- Explaining when it is necessary and where to seek appropriate help for mental and emotional health problems.
- Applying decision-making skills to avoid using marijuana, illegal drugs, abuse of prescription drugs, alcohol, and tobacco.
- Examining messages perpetuated through the media and culture and their possible effects on behavior.
- Analyzing the factors that influence violent and nonviolent behavior.
- Demonstrating ways to advocate for a positive, respectful school and community environment that supports pro-social behavior.