



Grade 8 Health - Unit 1 - Decision Making for Health

Unit Focus

This unit focuses on the role of decision-making in maintaining and enhancing one's health. Students will learn to think critically about the process and the impact of decision making on their own health. Students will begin this unit by exploring the eight dimensions of their health and recognizing the importance of making good decisions that support their health. Students will identify the types of decisions that teens make and recognize that there are many external and internal influences on their decisions. Students will be familiar with the topic of internal and external influences from 7th-grade Health, which will be revisited in relation to decision making. The fact that the brain continues to develop until age twenty-five will be discussed, and that teens need to train their brains to make healthy decisions. Students will be introduced to the DECIDE Skill model, which can be useful in making decisions that enhance and protect health. They will practice the skill with a group using a fictional situation, and then, they will use their own authentic decision and apply the skill as the PBA. Students will work with partners to research a drug of their choice to discover its short and long-term effects and dangers, and they will reflect on the impact of deciding to try/use drugs on themselves and others. The dangers of opioids and the stages of addiction will be part of this unit, including resources for help and support. The topic of drug use will be connected to mental health lessons in Unit 2 when discussing that some teens will "self-medicate" in an attempt to deal with a mental health problem or deal with stress.

Stage 1: Desired Results - Key Understandings

Standard(s)	Transfer	
Healthy and Balanced Living Curriculum Framework Health Education 6-8 - Distinguish between proper use and abuse of over-the-counter and prescription medicines. (ANOD 1.2.8) - Summarize the negative consequences of using alcohol and other drugs. (ANOD 1.3.8) - Explain why using alcohol or other drugs is an unhealthy way to manage stress. (ANOD 1.5.8) - Explain school policies and community laws about alcohol, nicotine, and other drugs. (ANOD 1.6.8) - Describe short- and long-term physical, social and emotional effects of using ANOD's (e.g., effects on organs, including brain, peer relationships, family relationships, self-esteem). (ANOD 1.9.8) - Discuss how emotions change during adolescence (MEH 1.7.8) - Identify trusted adults and resources for assistance. (MEH 1.17.8) - Determine when situations require a health-related decision. (DM 5.1.8) - Distinguish when health-related decisions should be made individually or with the help of others. (DM 5.2.8) - Explain how family, culture, media, peers, and personal beliefs affect a health-related decision. (DM 5.3.8)	<i>Students will be able to independently use their learning to...</i> T1 Analyze risk factors and evaluate the consequences to self and others before taking action. T2 Respond to situational challenges and social interactions based on consideration of societal norms, safety, and belief systems.	
	Meaning	
	Understanding(s)	Essential Question(s)
	<i>Students will understand that...</i> U1 Individuals can determine the degree of influence that others have on their own behaviors in order to anticipate negative or positive outcomes. U2 Students independently demonstrate how decisions affect themselves and others around them. U3 Students critically analyze the impact of social media and technology on their decisions. U4 Students demonstrate various strategies when making decisions to enhance health.	<i>Students will keep considering...</i> Q1 What strategies do I have to make health-enhancing decisions? Q2 What affects human behavior and decision making? Q3 How do my peers influence my thinking and actions? Q4 What are the risks associated with tobacco, alcohol, and other drugs? Q5 Do my actions and/or decisions have a negative or positive impact on my self or others?

Stage 1: Desired Results - Key Understandings

- Distinguish between healthy and unhealthy alternatives of a health-related decision (DM 5.4.8)
- Predict the potential outcomes of healthy and unhealthy alternatives to a health-related decision. (DM 5.5.8)

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- Decision Making: Make responsible decisions, based on potential outcomes. (POG.4.2)

U5 People analyze all possible options and outcomes before taking action.
U6 Humans survey a situation to identify potential risks can offer options and insights to human and situational behaviors.
U7 Students recognize that decisions to use drugs can have a negative impact on self, family, and friends, and lead to addiction.

Q6 What are the consequences and benefits of quick decisions?

Acquisition of Knowledge and Skill

Knowledge

Students will know...
K1 The human brain continues to develop until age twenty-five which makes the use of drugs and alcohol in teen years more damaging
K2 There are many short and long-term physical, mental, and social effects to drug and alcohol use during teen years
K3 Many internal and external influences impact health-related decisions.
K4 Utilizing a decision making-tool can be useful when making health-related decisions.
K5 Vocabulary: internal influence, value, external influence, dimensions, opioids, fentanyl, consequences, evaluate, neuroplasticity, neuron, neurotransmitter, media literate, health literate, wellness

Skill(s)

Students will be skilled at...
S1 Identifying the potential short- and long-term consequences of teen drug and alcohol use
S2 Identifying both internal and external influences on health behaviors
S3 Utilizing the six steps of the DECIDE skill to support healthy decision making.