

**YEAR AT A GLANCE: Health Gr 8**

*(updated Dec 2022)*

	<u>UNIT 1</u>	<u>UNIT 2</u>	<u>UNIT 3</u>	<u>UNIT 4</u>	<u>UNIT 5</u>
<b>Title</b>	HEALTH & WELLNESS	ALCOHOL EDUCATION	TOBACCO EDUCATION	DRUG EDUCATION	REPRODUCTIVE HEALTH
<b>Unit Length</b> <i>(weeks taught)</i>	2 weeks	1.5 weeks	1.5 weeks	1.5 weeks	1.5 weeks
<b>Performance Task</b> <i>(e.g., Persuasive Essay, DBQ, Nutritional Analysis, etc.)</i>	<ul style="list-style-type: none"> <li>*Disease process sheets</li> <li>*cold/flu myth vs facts identifier</li> <li>*cancer is real story/reflection</li> <li>**"Dr Know" activity</li> <li>**"3-2-1" charts</li> </ul>	<ul style="list-style-type: none"> <li>**"in their shoes" parent responsibility reflection</li> <li>**"being there" alcohol situation skits</li> <li>*foggles lab</li> <li>**"3-2-1" charts</li> </ul>	<ul style="list-style-type: none"> <li>*tobacco ads debate</li> <li>**"virtual wallet" financial effects of tobacco</li> <li>*quit tobacco outline</li> <li>**"3-2-1" charts</li> </ul>	<ul style="list-style-type: none"> <li>*steroid dangers story/ reflection</li> <li>**"My anti-drug" collage</li> <li>*fizzled out drug lab</li> <li>**"3-2-1" charts</li> </ul>	<ul style="list-style-type: none"> <li>*STD/HIV fluid exchange lab</li> <li>*miracle of life video and essay</li> <li>**"3-2-1" charts</li> </ul>
<b>Enduring Understanding</b> <i>(The big ideas, the "why" we include these ideas)</i>	<ul style="list-style-type: none"> <li>*Diseases fall into two categories, those that are contagious and those that are acquired.</li> <li>*You can reduce the risk of disease contraction by taking preventative measures, identifying risk factors, and practicing healthy behaviors.</li> <li>*Engaging in behaviors such as exercise, consuming a healthy diet, getting adequate</li> </ul>	<ul style="list-style-type: none"> <li>*Your parent can be held responsible for an underage drinking party you throw even if they are unaware of the event and out of town during the party.</li> <li>*Nobody has to be injured or killed for legal charges to be pressed.</li> <li>*If you are 21 or older and provide a minor with alcohol you are legally responsible for everyone who consumes it.</li> <li>*Having one party with alcohol could erase all that your parents have</li> </ul>	<ul style="list-style-type: none"> <li>*Using tobacco kills many of the tobacco company's customers, so they are constantly trying to recruit new, younger users.</li> <li>*Tobacco ads are often misleading of the effects and outcomes of using tobacco.</li> <li>*Tobacco ads have been regulated throughout time and continue to be updated by the government.</li> <li>*Besides the numerous obvious physical dangers of smoking, tobacco use causes extreme financial</li> </ul>	<ul style="list-style-type: none"> <li>*Drugs are controlled substances, meaning they take total control of you.</li> <li>*Illegal drugs can NOT be used responsibly or safely.</li> <li>*Using drugs is not a test that you pass-if someone lived after using once that does not mean they are immune to the drugs dangerous effects and they can die immediately any time they use it again.</li> <li>*There is no way to expedite negative effects of a drug, they will continue until the drug wears off.</li> </ul>	<ul style="list-style-type: none"> <li>*Puberty is a time of change that can be uncomfortable for some to go through, but it is important to realize that everyone you see has either: gone through it, is going through it, or will go through it.</li> <li>*Puberty is your body maturing so that it can reproduce.</li> <li>*The male reproductive anatomy and functions.</li> <li>*The female reproductive anatomy and functions.</li> <li>*The importance of the menstrual cycle and the</li> </ul>

	<p>sleep, and practicing proper hygiene can help the immune system function efficiently.</p> <p>*How to identify signs and symptoms of the various diseases discussed.</p> <p>*Healthy methods of coping with a diagnosis of self or loved ones.</p> <p>*Ways to support a loved one who is diagnosed with a disease.</p> <p>*Understanding the importance of awareness-that awareness leads to early identification, and early identification increases the chances of successful treatment.</p> <p>*When in doubt, check it out!</p>	<p>accomplished in their lives.</p> <p>*Ways to say no to alcohol.</p> <p>*Methods of avoiding alcohol.</p> <p>*How alcohol becomes a security blanket for many underage drinkers without them realizing it.</p> <p>*The younger a person begins drinking alcohol, the greater the chance for alcohol dependency.</p> <p>*Wearing Foggles is not being drunk.</p> <p>*Foggles simulate the effects of alcohol on one of your senses, intoxication affects the entire body.</p> <p>*Foggles can be taken off when dizzy or frustrated, intoxication is not removable.</p>	<p>stress.</p> <p>*The cost of smoking cigarettes by usage amounts: ½ pack a day, pack a day, 1 ½ packs a day etc.</p> <p>*Desirable items can be purchased efficiently if a smoker quits and saves the money they would have spent on tobacco.</p> <p>*Tobacco use is not financially sensible.</p> <p>*Where to find resources to aid in quitting tobacco use.</p> <p>*How to develop an effective plan of action for quitting tobacco.</p> <p>*The various benefits of quitting tobacco on health, finances, and overall wellbeing.</p> <p>*Benefits of quitting tobacco use begin to appear in the body within 20 minutes of the last cigarette.</p> <p>*Even long time smokers will benefit almost immediately from quitting tobacco.</p>	<p>*Steroids affect various body systems in many ways, causing possible permanent changes.</p> <p>*Steroids do not just affect physical health; they are addicting and have devastating mental effects.</p> <p>*Synthetic drugs can contain ANYTHING, including harmful chemicals added by the creator.</p> <p>*Cocaine and crack are extremely addicting substances that can cause death immediately after a single use or over time as it destroys the body.</p> <p>*Cocaine and crack are made using several dangerous chemicals, including multiple forms of acids.</p> <p>*OTC/Rx drug abuse is a growing concern in the USA, mainly because these “medicines” are recommended and given out by trusted doctors to help us when get better.</p> <p>*The difference between use, misuse, and abuse of OTC/Rx Drugs.</p> <p>*Prescription pill addiction leads to many users experimenting with other drugs, often heroin.</p> <p>*Nobody at a funeral for someone who died of an OTC/Rx drug overdose will feel better because they died from taking a medication rather than an illegal drug, Dead is Dead.</p>	<p>function of each phase.</p> <p>*STD and HIV/AIDS causes of infection.</p> <p>*Symptoms and effects of STD’s and HIV/AIDS.</p> <p>*Certain STD’s and HIV/AIDS can be lifelong conditions.</p> <p>*Being infected with and STD will increase the chance of contracting additional STD’s or HIV.</p> <p>*Abstinence is the only way to guarantee pregnancy and contraction of STD’s, HIV will not occur.</p> <p>*When in doubt, check it out! –the importance of being tested regularly and diagnosing disease early.</p> <p>*Where to go to get tested for STD’s, HIV/AIDS, and pregnancy.</p> <p>*The changes a woman’s body experiences when she becomes pregnant.</p> <p>*The stages of pregnancy and development.</p> <p>*The process of labor and birth.</p>
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<p><b>Essential Questions</b> (What do we want students to think about)</p>	<p>*How do you think our immune system functions?          *What times of the year do people tend to get sick during the most and why?          *How do you think researchers develop a cure for a disease?          *If non-communicable diseases are not contagious, how do people get them?          *Which non-communicable disease scares you the most and why?          *Why is awareness such an important aspect of successful treatment?          *What are the effects on the family members of a loved one diagnosed with a terminal disease?          *How would you support a loved one who was recently diagnosed with cancer?          *What do you think the purpose of making Zach's "My Last Days" video was?</p>	<p>*Do you think alcohol is easily accessible to teens?          *Where and when do you think teens drink? Why?          *If you have a party with underage drinking at your parent's house, what must happen for them to be legally charged with a crime?          *What do you think the legal penalty is for parents of a teen who threw an underage drinking party?          *What do you think the long term mental/emotional effects of drinking at a young age are?          *What do you think the long term social effects of drinking at a young age are?          *Why do you think teens drink?          *How did you feel when you wore the Foggles?          *What did you find surprising about your Foggles experience?          *How would you feel if you could not remove your Foggles?</p>	<p>*Are e-cigarettes safer than standard tobacco cigarettes?          *What do you think the average age a smoker begins smoking?          *Why do you think current adult smokers began smoking?          *What is the reason for the decline of smokers in the state of New York?          *Do you think having celebrities or characters such as Santa Claus endorsing cigarettes as they have in the past is fair advertising?          *What are some ideas for the government to use to reduce the number of young smokers?          *Do you think the recent anti-tobacco campaign launched by the CDC is effective?          *Why is it important for people in the process of quitting tobacco to consciously change up their daily routines such as the route they drive to work or radio stations they listen to?          *What are some tips you would offer a current smoker to help them successfully quit?</p>	<p>*What are the different types/classifications of drugs?          *What are the characteristics/traits of someone who may begin to use anabolic steroids?          *Why do you think teen athletes choose to begin using steroids and other PED's?          *What are some things we can do to help reduce the number of teenage steroid users?          *Do you think cocaine use is a problem in your community?          *What age range do you think the majority of cocaine users are?          *What are the potential dangers of cocaine use?          *Why do you think people, specifically those in high school and college take OTC/Rx drugs for recreational use?          *If something is prescribed by a doctor, how can it be bad?          *What are the differences between someone overdosing on illegal drugs and one who overdoses on OTC/Rx drugs?</p>	<p>*Define puberty in your own words.          *What changes do you expect the male and female bodies to go through during puberty?          *Which change do you think is the least welcome to one going through puberty? (M/F)          *Why do you think it is important for boys to learn about the menstrual cycle?          *Which acts of affection do you think are immune from STD contraction?          *How do you know if you have an STD?          *What should you do if you suspect you have an STD?          *What are some common effects of STD's?          *Imagine you meet the love of your life when you are 25 years old, how would you tell this person that you have herpes from a poor decision you made when you were younger?          *What do you think their reaction would be?          *How would your life change if you found out you were expecting a child?          *What would you do if you found out you were expecting a child?          *Write down your top 3 long-term dreams and goals you have in life. How would they be influenced and affected if you were now expecting</p>
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