

	GRADE 6	GRADE 7	GRADE 8
3 Components of Health & Wellness	-Health triangle, wellness -Physical activity, fitness -M/E: Managing Feelings & Emotions -M/E: Effective Communication -Social: Decision Making Process/ Peer pressure	-Review: 6th grade Health & Wellness topics -Social: Conflict Resolution Skills -M/E: Coping Strategies -M/E: Violence & Bullying Prevention -M/E: Stress Management Skills	-Review 6th & 7th Health & Wellness Topics -Communicable Diseases -The Immune System -Non-Communicable Diseases: asthma, allergies, arthritis, Alzheimer's, diabetes, cancer -Cliques and Rumors -Dr. Know Pamphlets
Personal/Consumer Health	-Eyes, Ears, Teeth functions and care -Skin: function, dangers of the sun -Hygiene & adolescence, acne, treatments -Reducing Health Risks using health care products		
Alcohol	- Introduction to alcohol: Types, servings, BAC -Alcohol & Body: Path of Alcohol, effects on body -Alcohol Resistance skills & techniques	-Review: types, path, effects of alcohol -Ads: Target Teens, analyzing meanings -Alcohol Laws: DWI/DUI, zero tolerance -Alcoholism: Alcoholics, support groups	-Review 6th & 7th Grade Alcohol Topics -Teen Drinking: parent liability -Presence of alcohol: Teen Drinking, Resistance Skills -“Foggles” Lab
Tobacco	-Introduction to tobacco: types, truths/myths -Smoke Tobacco -2nd hand smoke/Tobacco Illnesses -Quitting Tobacco	-Review types, truths, smoke tobacco -Spit Tobacco -Spit Letters to similar packaged companies	-Review 6th & 7th Grade Tobacco Topics -Tobacco Ads/labels/warnings -Financial effects: virtual wallet activity
Drugs	-Introduction to drugs: OTC, RX, illegal -Illegal drugs: Marijuana/Gateway Drugs	-Review: drug types/groups, Marijuana -Inhalants -Hallucinogens -Heroin	-Review 6th & 7th Grade Drug Topics -Steroids: m & f effects, suicide, deaths -Crack/Cocaine -OTC/RX: Using, Misusing, abusing
Family Health	-Introduction to puberty -Importance of hygiene & recommended products	-Puberty -Male Anatomy/Reproductive System -Female Anatomy/Reproductive System -Menstruation -STD/HIV/AIDS Intro -STD's: transmission, types -HIV/AIDS: course of virus, Differences, life expectancy/timeline, ways to contract -Abstinence/ Prevention	-Review: Puberty/Anatomy/Menstruation -Review STDs, HIV/AIDS, abstinence: -HIV Fluid Transmission activity -Introduction to Pregnancy -Trimesters -Prenatal Care: nutrition, vitamins, harmful substances -Labor and Delivery -“Miracle of Life” Video and reflection