

Grade Eight Health

Description The Appleton Area School District Health Program, as part of Family and Consumer Sciences in 8th grade, promotes the development and maintenance of a healthy lifestyle. Quality health education motivates individuals to take responsibility for protecting, maintaining, and improving their health. It encourages the individual to access and analyze health information and to assume responsibility for the promotion of well-being and the prevention of disease and disability.

Curriculum Delivery Eighth Grade Family and Consumer Science Course

Textbooks NA

Required Assessments

Board Approved July, 2001

Revised June, 2017

AASD Health Goals for K-12 Students

- *Students will comprehend concepts related to health promotion and disease prevention to enhance health.*
- *Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.*
- *Students will demonstrate the ability to access valid health information and products and services to enhance health.*
- *Students will demonstrate the ability to use interpersonal communication and skills to enhance health and avoid or reduce health risks.*
- *Students will demonstrate the ability to use decision-making skills to enhance health.*
- *Students will demonstrate the ability to use goal-setting skills to enhance health.*
- *Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.*
- *Students will demonstrate the ability to advocate for personal, family, and community health.*

AASD Health Standards

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| I. Analyzing Influences | Core Content Domains:
A. Nutritional and Physical Activity
B. Growth, Development, and Sexual Health
C. Injury Prevention and Safety
D. Alcohol, Tobacco and Other Drugs
E. Mental, Emotional and Social Health
F. Personal and Community Health |
| II. Accessing Valid Information | Core Content Domains:
A. Nutritional and Physical Activity
B. Growth, Development, and Sexual Health
C. Injury Prevention and Safety
D. Alcohol, Tobacco and Other Drugs
E. Mental, Emotional and Social Health
F. Personal and Community Health |
| III. Interpersonal Communication | Core Content Domains:
A. Nutritional and Physical Activity
B. Growth, Development, and Sexual Health
C. Injury Prevention and Safety
D. Alcohol, Tobacco and Other Drugs
E. Mental, Emotional and Social Health
F. Personal and Community Health |
| IV. Decision Making | Core Content Domains:
A. Nutritional and Physical Activity
B. Growth, Development, and Sexual Health
C. Injury Prevention and Safety
D. Alcohol, Tobacco and Other Drugs
E. Mental, Emotional and Social Health
F. Personal and Community Health |
| V. Goal Setting | Core Content Domains:
A. Nutritional and Physical Activity
B. Growth, Development, and Sexual Health
C. Injury Prevention and Safety
D. Alcohol, Tobacco and Other Drugs
E. Mental, Emotional and Social Health
F. Personal and Community Health |

VI. Self-Management

- Core Content Domains:
- A. Nutritional and Physical Activity
 - B. Growth, Development, and Sexual Health
 - C. Injury Prevention and Safety
 - D. Alcohol, Tobacco and Other Drugs
 - E. Mental, Emotional and Social Health
 - F. Personal and Community Health

VII. Advocacy

- Core Content Domains:
- A. Nutritional and Physical Activity
 - B. Growth, Development, and Sexual Health
 - C. Injury Prevention and Safety
 - D. Alcohol, Tobacco and Other Drugs
 - E. Mental, Emotional and Social Health
 - F. Personal and Community Health

Essential Learning Objectives	Performance Indicators	Classroom Assessments
<p>1. Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.</p>	<p>Performance will be satisfactory when the student is able to: A1. Analyze the impact of nutritional choices on future reproductive and prenatal health B1. Analyze how internal and external influences affect growth and development, relationships, and sexual behavior B2. Describe situations that could lead to pressure for sexual activity and to the risk of contracting HIV and other STDs E1. Analyze the influence of culture on family values and practices F1. Analyze the influence of culture, media, and technology on health decisions</p>	<p>Unit Assessment</p>
<p>Above objective aligned with AASD Content Domain(s): Nutrition and Physical Activity; Growth, Development, and Sexual Health; Mental, Emotional and Social Health; Personal and Community Health</p>		
<p>2. Students will demonstrate the ability to access valid health information and products and services to enhance health.</p>	<p>Performance will be satisfactory when the student is able to: B1. Locate medically and scientifically accurate sources of information on reproductive health C1. Demonstrate the ability to access accurate sources of information about abuse, violence, and bullying D1. Evaluate the influence of marketing and advertising techniques and how they affect ATOD and abuse F1. Demonstrate how to access school and community health services</p>	<p>Unit Assessment</p>
<p>Above objective aligned with AASD Content Domain(s): Growth, Development, and Sexual Health; Mental, Injury Prevention and Safety; Alcohol, Tobacco and Other Drugs; Personal and Community Health</p>		
<p>3. Students will demonstrate the ability to use interpersonal communication and skills to enhance health and avoid or reduce health risks.</p>	<p>Performance will be satisfactory when the student is able to: A1. Practice effective communication skills with family members regarding accessing nutrition and physical activity B1. Demonstrate how to ask for help from parents, other trusted adults, or friends when pressured to participate in sexual behavior B2. Use effective verbal and nonverbal communication skills to prevent sexual involvement</p>	<p>Unit Assessment</p>

	C1. Describe ways to manage interpersonal conflicts nonviolently	
Above objective aligned with AASD Content Domain(s): Nutrition and Physical Activity; Growth, Development, and Sexual Health; Injury Prevention and Safety		
Essential Learning Objectives	Performance Indicators	Classroom Assessments
4. Students will demonstrate the ability to use decision-making skills to enhance health.	<p>Performance will be satisfactory when the student is able to:</p> <p>B1. Identify how good health practices in adolescence affect lifelong health and the health of future children</p> <p>C1. Apply decision-making or problem-solving steps to hypothetical situations involving assault and intimidation, including sexual harassment</p> <p>E1. Monitor personal stressors and assess techniques for managing them</p> <p>E2. Describe situations for which someone would seek help with stress, loss, and unrealistic body image, or depression</p> <p>F1. Analyze the characteristics of informed health choices</p>	Unit Assessment
Above objective aligned with AASD Content Domain(s): Growth, Development, and Sexual Health; Injury Prevention and Safety; Mental, Emotional and Social Health; Personal and Community Health		
5. Students will demonstrate the ability to use goal-setting skills to enhance health.	<p>Performance will be satisfactory when the student is able to:</p> <p>B1. Develop a plan to avoid HIV, AIDS, other STDs, and pregnancy</p> <p>D1. Develop short and long-term goals to remain substance free</p> <p>E1. Develop achievable goals for handling stressors in healthy ways</p> <p>F1. Create a plan to incorporate adequate rest and sleep into daily routines</p>	Unit Assessment
Above objective aligned with AASD Content Domain(s): Growth, Development, and Sexual Health; Alcohol, Tobacco and Other Drugs; Mental, Emotional and Social Health; Personal and Community Health		

Student Learning Objectives	Performance Indicators	Classroom Assessments
<p>6. Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.</p>	<p>Performance will be satisfactory when the student is able to: B1. Demonstrate the ability to anticipate and minimize exposure to situations that pose a risk to sexual health D1. Use a variety of effective coping strategies when there is ATOD use in group situations E1. Demonstrate skills to avoid or escape from potentially violent situations, including dating F1. Describe situations where Universal Precautions are appropriate</p>	<p>Unit Assessment</p>
<p>Above objective aligned with AASD Content Domain(s): Growth, Development, and Sexual Health; Alcohol, Tobacco and Other Drugs; Mental, Emotional and Social Health; Personal and Community Health</p>		
<p>7. Students will demonstrate the ability to advocate for personal, family, and community health.</p>	<p>Performance will be satisfactory when the student is able to: B1. Support and encourage safe, respectful, and responsible relationships C1. Design a campaign for preventing violence, aggression, bullying, and harassment etc. F1. Promote the importance of regular screenings and medical examinations violent situations, including dating</p>	<p>Unit Assessment</p>
<p>Above objective aligned with AASD Content Domain(s): Growth, Development, and Sexual Health; Injury Prevention and Safety; Personal and Community Health</p>		

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