



HAMILTON TOWNSHIP SCHOOL DISTRICT

Office of Curriculum & Instruction

Scott R. Rocco, Ed.D.
Superintendent of Schools

Anthony Scott
Director of Curriculum & Instruction

2023-2024 Health Syllabus 8th Grade Topics Aligned to the 2020 Standards

The Middle School Curriculum is designed to teach students the information and skills they need to become health literate, to maintain and improve health, prevent disease, and reduce health-related risk behaviors. Through this curriculum, students will develop critical thinking, problem solving, and communication skills. In addition, the students will demonstrate good character and behaviors that promote a safe, fit, and healthy family, community, nation, and world.

<p><u>Relationships</u> <ul style="list-style-type: none"> ● Dealing with Conflict, Violence, and Abuse ● Bullying and Cyberbullying ● Abuse and Neglect ● Other Types of Violence </p> <p><u>Disease Prevention</u> <ul style="list-style-type: none"> ● Preventing Diseases ● STIs ● HIV/AIDS ● Noncommunicable Diseases ● Lyme Disease </p> <p><u>First Aid</u> <ul style="list-style-type: none"> ● Knowing Basic First Aid ● Burns, Wraps, CPR </p>	<p><u>Human Sexuality</u> <ul style="list-style-type: none"> ● Understanding Sexuality ● What is Sexuality? ● Sexual Feelings and Behavior ● Making Responsible Sexual Decisions ● Pregnancy Prevention ● Teen Pregnancy and Parenthood </p> <p><u>Nutrition and Fitness</u> <ul style="list-style-type: none"> ● Creating a Healthy Eating Plan ● Managing Your Weight ● Treating and Preventing Body Image Issues ● Physical Fitness </p> <p><u>Personal Safety</u> <ul style="list-style-type: none"> ● Awareness of potential risks ● Staying safe in the community & online ● Human Trafficking ● Identify school & community agencies & resources. </p>
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Campfire Program- provided by “Strive to Thrive” (NJ Non-Profit Program)

Lessons include: Decision making & consequences, Self Esteem, Healthy Relationships, HIB (Bullying, Sexual Harassment, Cyber, & Digital Citizenship, Stress/Coping Skills, ATOD, Communication/ Conflict Resolution

Please return the bottom portion of this form to your child’s school

I have reviewed my child(ren)’s health syllabus and am aware of topics covered in their Health Education. I am also aware that if I wish to opt out my child(ren) from any portions of the family life/sexual health portion of the curriculum, I am to complete the opt out form via PowerSchool.

Student Name: _____ Health Teacher: _____

Parent/Guardian Signature _____ Date _____