

**EIGHTH GRADE
Health
PRIORITY STANDARDS**

Wellness and Health Promotion (WHP)

8.WHP.1	Describe personal activities and behaviors within the five dimensions of health (physical, social, emotional, mental, and environmental)
8.WHP.2	Compare and contrast how communicable and noncommunicable diseases are treated and managed.
8.WHP.4	Describe strategies to integrate healthy habits related to sleep, physical activity, hygiene, breakfast, social media, and technology habits.
8.WHP.5	Identify personal signs and symptoms of needing healthcare and discuss age of consent laws for accessing physical health services.

Safety and First Aid (SFA)

8.SFA.2	Analyze the likelihood of personal injury or illness if engaging in unsafe and unhealthy behaviors.
8.SFA.3	Demonstrate how to administer basic first aid, hands-only cardiopulmonary resuscitation (CPR), use of an automated external defibrillator (AED), and treatment of an opioid overdose emergency.
8.SFA.4	Work cooperatively to create projects that advocate for practices that promote safe and accessible communities.

Substance Use, Misuse, and Abuse (SUB)

8.SUB.1	Identify risk and protective factors related to substance use, misuse, and abuse.
8.SUB.2	Understand how substance use, misuse, and abuse affects the basic function of the central and autonomic nervous systems including brain function.
8.SUB.3	Describe the risks of fentanyl exposure and overdose and identify harm reduction strategies, including testing, naloxone, and other interventions.
8.SUB.4	Examine the relationship between substance use, misuse, and abuse risks, including unintentional injuries, violence, suicide, and sexual risk behaviors.
8.SUB.6	Discuss decisions around substance use and the benefits of being substance-free.
8.SUB.7	Demonstrate communication skills to avoid alcohol, marijuana/cannabis, tobacco, or other drug use, especially in peer-pressure situations.
8.SUB.8	Describe where to find reliable information and services regarding substance use, misuse, and abuse.
8.SUB.9	Examine the history and impact of drug laws and prosecution on communities.

Food, Nutrition, and Physical Activity (FNP)

8.FNP.2	Discuss ways that the foods and beverages that people consume have a profound impact on their health.
8.FNP.3	Assess personal eating and physical activity behaviors.
8.FNP.5	Analyze the impacts of media, social media, and marketing on food habits.
8.FNP.6	Describe the personal feelings associated with engaging in physical activity, eating nutritious food, and staying hydrated and identify strategies to take care of one's body.

Healthy Relationships and Violence/Abuse Prevention (HRVP)

8.HRVP.4	Demonstrate verbal and nonverbal communication skills that express personal boundaries and consent and how to show respect for the boundaries of others.
8.HRVP.5	Demonstrate strategies a student might use to end an unhealthy relationship, including involving a trusted adult who can help.
8.HRVP.6	Identify community resources and other sources of support, including confidential advocates, that students can go to if they have questions about sexual safety or if someone is being sexually harassed, abused, assaulted, or trafficked.
8.HRVP.7	Explain the impact that media, including social media, sexually explicit media and sexting, can have on one's body image, self-esteem, and relationships.
8.HRVP.9	Describe strategies a person could use, when it is safe to do so, to intervene when someone is being sexually harassed or someone is perpetuating unhealthy or coercive behaviors.

Growth and Development (GD)

8.GD.2	Define medical accuracy and analyze medically accurate sources of information about puberty, adolescent development, and sexual health.
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Sexual and Reproductive Health (SRH)

8.SRH.2	Identify safer sex strategies for vaginal, oral, and anal sex.
8.SRH.3	Demonstrate the ability to effectively communicate with a partner about abstaining from sexual behavior, using condoms, and/or contraception.
8.SRH.4	Practice using a decision-making model in response to various sexual health scenarios.
8.SRH.5	List the steps necessary for a viable pregnancy to occur with sexual intercourse, insemination, in vitro fertilization, donor conception, and surrogacy.

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8.SRH.6	Practice demonstrating the correct usage of barrier methods including external and internal condoms and dental dams.
8.SRH.7	List methods of contraception that are available without a prescription in Oregon and where these can be accessed.
8.SRH.8	Define prenatal care and identify medically accurate sources of information about prenatal care.
8.SRH.9	Develop a plan to eliminate or reduce risk of unintended pregnancy and sexually transmitted infections (STIs), considering biomedical approaches, including vaccines, Pre-Exposure Prophylaxis and (PrEP) Post-Exposure Prophylaxis (PEP), and barrier methods.
8.SRH.10	Identify comprehensive sexual and reproductive health services offered in school or in the local community.