

Oakwood City School District

Health - Eighth Grade

Health - Eighth Grade

ALCOHOL, TOBACCO AND OTHER DRUG PREVENTION

- Express feelings in a healthy way.
- Avoid misuse and abuse of over-the-counter and prescription drugs.
- Avoid experimentation with alcohol and other drugs.
- Avoid the use of alcohol.
- Avoid the use of illegal drugs.
- Support others to be alcohol, tobacco and other drug-free.
- Avoid using (or experimenting with) any form of tobacco.
- Support others to be tobacco-free.
- Distinguish between proper use and abuse of over-the-counter medicines.
- Differentiate between proper use and abuse of prescription medicines.
- Summarize the negative consequences of using alcohol and other drugs.
- Determine reasons why people choose to use or not to use alcohol and other drugs.
- Describe the relationship between using alcohol and other drugs and other health risks, such as unintentional injuries, violence, suicide, sexual risk behaviors, and tobacco use.
- Determine the benefits of being alcohol, tobacco and other drug-free.
- Describe positive alternatives to using alcohol and other drugs.
- Describe short-and long-term physical effects of using tobacco.
- Summarize the dangers of experimenting with tobacco products.
- Summarize the benefits of being tobacco-free.
- Analyze the influence of family, peers, culture, media, technology, and other factors on alcohol, tobacco and other drug use.
- Demonstrate effective peer resistance skills to avoid or reduce alcohol, tobacco and other drug use.
- Demonstrate the ability to advocate for peers to be alcohol, tobacco and other drug free.

VIOLENCE PREVENTION

- Manage interpersonal conflict in nonviolent ways.
- Avoid bullying, being a bystander to bullying, or being a victim of bullying.
- Avoid engaging in violence, including sexual harassment, coercion, exploitation, physical fighting, and rape.
- Get help to prevent or stop violence including harassment, abuse, bullying, hazing, fighting and hate crimes.

- Get help to stop being subjected to violence or physical abuse.
- Describe ways to manage interpersonal conflict nonviolently.
- Determine the benefits of using non-violence to solve interpersonal conflict.
- Explain why it is important to understand the perspectives of others in resolving conflict situations nonviolently.
- Describe examples of self-control.
- Explain why individuals have the right to refuse sexual contact.
- Describe actions to change unsafe situations at school that could lead to violence.
- Describe actions to change unsafe situations in the community that could lead to violence.
- Describe situations that could lead to physical fighting and violence.
- Summarize how participation in gangs can lead to violence.
- Explain that a person who has been sexually assaulted or raped is not at fault.
- Explain that rape and sexual assault should be reported to a trusted adult.
- Demonstrate effective negotiation skills to avoid or reduce injury related to violence.
- Demonstrate the ability to advocate for non-violent activities among peers.

SEXUAL HEALTH

- Establish and maintain healthy relationships.
- Be sexually abstinent.
- Engage in behaviors that prevent or reduce sexually transmitted disease (STD), including HIV infection.
- Engage in behaviors that prevent or reduce unintended pregnancy.
- Describe characteristics of healthy relationships.
- Explain the qualities of a healthy dating relationship.
- Differentiate between healthy and unhealthy relationships.
- Explain the importance of talking with parents and other trusted adults about issues related to relationships, growth and development and sexual health.
- Determine the benefits of being sexually abstinent.
- Explain why individuals have the right to refuse sexual contact.
- Analyze ways common infectious diseases are transmitted.
- Explain how the most common STDs are transmitted.
- Describe usual signs and symptoms of common STDs.
- Explain that some STDs are asymptomatic.
- Explain the short and long term consequences of common STDs.
- Summarize which STDs can be cured and which can be treated.
- Describe how the effectiveness of condoms can reduce the risk of STDs including HPV (Human Papillomavirus).
- Describe ways sexually active people can reduce the risk of STDs including HPV (Human Papillomavirus).
- Demonstrate the ability to access resources to improve sexual health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on sexual health.

