

Middle School Health Curriculum

Students in 6th-8th grade have health once a week. The health curriculum that explores the interconnected nature of critical wellness and character-building topics, including identity development, community building, social emotional well-being, and social justice consciousness.

6th Grade

Week 1-4	Adjusting to Middle School: Organization, Study habit, communication
Weeks 5-6	Personal Health: Community building, communication skills
Weeks 7-10	Personal Health: Identity/ Social Emotional Development, Coping Skills
Weeks 11-13	Personal Health: Building and Continuing Healthy Family and Social Relationships
Weeks 14-17	Personal Health: Reproductive Health, Making Good Choices, Injury prevention and safety
Weeks 18-23	Nutrition: Healthy body and body image, BMI, nutrition, substance use and abuse, prevention and control of diseases
Weeks 24-26	Internet Safety: Monitoring, Cyber-bullying, Security
Weeks 27-31	Social Justice: Human rights, growth and change
Weeks 32-36	Civic Responsibility: Community, Environmental, and Consumer Health
Weeks 37-38	Review and Reflection

7th Grade

Week 1-4	Lifelong fitness: Community resources, benefits of fitness, active lifestyles
Weeks 5-6	Nutrition: Health inventory plan, creating nutrition menus/plans
Weeks 7-10	Health Conditions, Diseases, Medicines:

	Genetic predispositions, safe medications, eating disorders
Weeks 11-13	Alcohol, Tobacco, & Other Drugs: Dependency, addiction, understanding the effects on the body
Weeks 14-17	Personal growth and development: Mental health, emotional and hormonal changes during puberty
Weeks 18-23	Decision making and Stress: Peer pressure, decision making model, stress management skills
Weeks 24-26	Social health and personal safety: First aid, Differentiate between gender identity, gender expression, and sexual orientation
Weeks 27-31	Bullying and Cybersafety: Navigate social media, protect privacy, conflict resolutions
Weeks 32-36	Human rights and Civil Responsibilities: individual and systemic impacts of bias, prejudice, racism, and stereotypes
Weeks 37-38	Review and reflection

8th Grade

Lessons are taught through NJ Teen Outreach Program
☰ TOP Curriculum Overview_ Required Lessons
Unit 1: Decision Making (12 lessons)
Unit 2: Problem Solving (8 lessons)
Unit 3: Community (9 lessons)
Unit 4: Empathy (9 lessons)
Unit 5: Communication (13 lessons)
Unit 6: Relationships (18 lessons)
Unit 7: Self Understanding (15 lessons)
Unit 8: Social Identity (10 lessons)
Unit 9: Health and Wellness (18 lessons)

