

## EIGHTH GRADE Health PRIORITY STANDARDS

### Wellness and Health Promotion (WHP)

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.
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### Substance Use, Misuse, and Abuse (SUB)

8.SUB.1	Identify risk and protective factors related to substance use, misuse, and abuse.
8.SUB.4	Examine the relationship between substance use, misuse, and abuse risks, including unintentional injuries, violence, suicide, and sexual risk behaviors.
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.

### Social, Emotional, and Mental Health (SEM)

8.SEM.7	Discuss how state and federal laws and policies can influence access to mental health.
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### 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.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.
8.GD.5	Discuss how support from peers, families, schools, and communities can improve a person's health and wellbeing as it relates to sexual and romantic orientation and sexual identity.
8.GD.6	Describe what can connect a family and discuss different ways to define family.

### 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.
8.SRH.6	Practice demonstrating the correct usage of barrier methods including external and internal condoms and dental dams.
8.SRH.10	Identify comprehensive sexual and reproductive health services offered in school or in the local community.
8.SRH.11	Discuss the various state and federal laws related to minors' access to sexual and reproductive healthcare services, including pregnancy and sexually transmitted infection (STI) and HIV/AIDS prevention, testing, care, and treatment.