

### General Course Information

Course Name: 8th Grade Health	
Department: PE and Health	Grade Level(s): 8th
Duration/Credits: 1 semester	Prerequisites: none
BOE Approval Date: December 2022	Course Code:
Course Description:	
<p>8th Grade Health students will practice effective decision making, analyze cause and effect, and develop core health content knowledge. In 8th grade, students will focus on sexual health, emotional health, and the consequences of high-risk behaviors. Students will discuss topics such as alcohol and drug use, sexually transmitted diseases, pregnancy, and suicide risks and prevention. Students will locate and utilize resources through research to learn the most current information available on these topics. The course discussions will provide students with the knowledge and skills to create and maintain healthy relationships.</p>	
Course Rationale:	
<p>8th Grade Health promotes a healthy, active lifestyle, by encouraging positive health decisions. Adolescents need to make choices about their lives in reference to current health issues so they can assume responsibility for their own health.</p>	
Course Objectives:	
<p>The student will apply effective decision making skills in the areas of sexual health, high-risk behaviors (including alcohol and drug use), and emotional health.*</p> <p>The student will analyze how their decisions can create healthy interpersonal and community relationships and tolerance.</p> <p>The student will analyze cause and effect relationships in health decisions, including sexually transmitted disease, pregnancy, drug and alcohol use, and suicide prevention. *</p> <p>The student will develop and apply skills to prevent the negative effects of high-risk behaviors. *</p> <p>The student will identify the components of the reproductive system and central</p>	

nervous system and will analyze how personal choices can impact those systems. \*

The students will develop personal health planning strategies in the areas of sexual health and other high-risk behaviors. \*

The student will evaluate the quality of various resources and conduct independent research into personal and community health issues.

The student will acquire the knowledge and tools to recognize sexual abuse, report an incident of sexual abuse, and engage in actions to obtain assistance and intervention.

\* This objective addresses Senate Bill 163, Sexual Education and Abstinence.

### **Standards Alignment:**

List standard set(s) to which course has been aligned

<https://dese.mo.gov/sites/default/files/gle-health-education.pdf>

[Shape America Health Standards](#)