



Health | Eighth



ORGANIZING THEME/TOPIC	FOCUS STANDARDS & SKILLS	RESOURCES
<p>PERSONAL HEALTH AND FITNESS (PE)</p> <p>Healthy Lifestyle Personal Health Goals Lifelong recreational and leisure skills Cardiovascular endurance</p>	<p>SKILLS</p> <ul style="list-style-type: none"> Identify healthy lifestyle habits and opportunities Apply strategies and skills needed to attain personal health goals Identify lifelong recreational and leisure skills needed for a healthy lifestyle Identify four major components of cardiovascular exercise (frequency, intensity, duration, type) and give examples of each Identify the benefits of aerobic exercise 	<p>PE curriculum</p>
<p>MENTAL AND EMOTIONAL HEALTH (Counselors)</p> <p>Communication Skills & Problem Solving Strategies Bullying Depression Stress Verbal, Physical, and Sexual Abuse</p>	<p>SKILLS</p> <ul style="list-style-type: none"> Recognize effective verbal and nonverbal communication skills (passive, aggressive, assertive) Analyze possible causes of conflict among youth in schools and communities (bullying) Demonstrate ways an upstander can de-escalate a bullying situation Recognize warning signs of depression and suicide Explain the roles of family and friends in maintaining a healthy mental and emotional state Describe ways that mental well-being can affect his/her physical well-being and also the reverse Predict stressful situations and describe physical effects on the body (headaches, stomachaches, and various diseases) Recognize the difference between positive and negative stress Describe problem-solving strategies to cope with stress Define sexual harassment and develop the necessary skills to stop, prevent, and report it Recognize sources for reporting abuse such as parent, school counselor, school nurse, teacher or school administration 	<p>Counselor Curriculum</p> <p>Safehome “The Outrage” Dramatic Aids project MOCSA lessons – check BVMS</p> <p>DVD’s PPT</p>

ORGANIZING THEME/TOPIC	FOCUS STANDARDS & SKILLS	RESOURCES
<p>SUBSTANCE USE, MISUSE, ABUSE, AND ADDICTION (PE, Counselors)</p> <p>Resistance Skills Media messages Consequences of drug use</p>	<p>SKILLS</p> <ul style="list-style-type: none"> • Demonstrate resistance skills for alcohol, tobacco, and other drugs • Recognize that most students do not use drugs and alcohol • Recognize subtle messages in the media regarding alcohol, tobacco, and other drug use • Identify laws pertaining to alcohol and other drug use 	<p>Project Alert SRO</p>
<p>FAMILY LIFE AND SEXUALITY (Nurses)</p> <p>Abstinence Birth Control Resistance Skills Healthy Relationships Dating Situations</p>	<p>SKILLS</p> <ul style="list-style-type: none"> • Review Anatomy Structure & Function • Recognize that abstinence is the only 100% effective way of preventing pregnancy and STI's • Recognize the types and reliability of various types of birth control • Recognize the physical, social and emotional consequences of early sexual activity • Define the characteristics of healthy vs. unhealthy realtionships 	<p>District ppt for birth control MOCSA The OUTRAGE Dramatic AIDS Michelle Thomas – abstinence speaker JOCO Health Dept</p>