

Course Title:	8th Grade Health
Grade(s):	8

Course Description
Eighth Grade Health focuses on helping students develop the knowledge and skills needed to make informed decisions about their physical, mental, and social well-being. Students review the components of wellness and explore personal mental health through self-reflection, goal setting, stress management, mindfulness, understanding the fight-or-flight response, and examining the impact of social media. The course includes substance abuse education, covering licit and illicit drugs, over-the-counter and prescription medications, and responsible use, as well as disease prevention, including how diseases spread, STDs, and HIV/AIDS. Students also learn about healthy relationships, safe dating, and recognizing harassment and abuse while building essential health skills for lifelong wellness.
Approved Curricular Materials/Textbook(s)

Unit Title	Unit Description (Include Unit Objectives)	Unit Pacing
Unit 1: Personal Mental Health	In this unit, students will: • Review wellness and the 4 components • Engage in self-reflection • Complete a body map activity • Set goals	S1: September S2: January
Unit 2: Stress Management	In this unit, students will: • Explain the <i>Fight/Flight</i> response • Identify the causes of stress and symptoms • Learn techniques to manage stress • Differentiate between positive and negative stress • Practice and apply relaxation skills • Participate in mindfulness activities	S1: October S2: February

	• Study a stress-related illness • Discuss the impacts of social media on stress	
Unit 3: Substance Abuse	In this unit, students will: • Review the five categories of drugs • Differentiate between: ○ Illicit vs licit drugs ○ OTC drugs ○ Prescription drugs • Understand misuse, abuse, and responsible use	S1: November S2: March
Unit 4: Healthy Relationships	In this unit, students will: • Identify the characteristics of healthy friendships • Understand safe dating tips • Cover topics including: sexual harassment, sexual assault • Recognize the signs of unhealthy/abusive relationships • Identify resources and support systems • Practice effective communication and understand refusal skills • Promote healthy interactions and know how to seek help when needed	S1: December S2: April
Unit 5: Disease Prevention	In this unit, students will: • Understand what a disease is • Understand how diseases are spread • Identify types of STDs. • Explain the risks of being sexually active • Describe ways to prevent diseases/STDs • Explain the causes, transmission, prevention, and impact of HIV/AIDS	S1: December & January S2: May & June