



Anytime, Anywhere Learning.
Core Course Pathway
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Health 8

COURSE DESCRIPTION

Welcome to the 8th grade Health course. This one semester course is designed to provide the student with the knowledge and skills that will enable him or her to achieve and maintain a healthful lifestyle. The student will learn health information and practices necessary to understand and manage many aspects of their physical, social, intellectual, spiritual and emotional health throughout adolescence into adulthood.

PREREQUISITES

None

REQUIRED MATERIALS

An online textbook is provided within the course.

COURSE OBJECTIVES

- Consider your future when you make important decisions
- Select useful times to apply the 5-step decision making process
- Demonstrate responsible behavior, decision-making and refusal skills
- Distinguish between passive, aggressive, and assertive communication. (4.1)
- Demonstrate the ability to use assertive communication skills. (4.11)
- Apply conflict resolutions skills to real or hypothetical situations involving peers. (4.12)
- Describe the signs and symptoms of stress (4.6)
- Demonstrate the ability to use stress management techniques (4.7)
- Describe a variety of needs young people may have, explain healthy ways to meet these needs without using alcohol, tobacco, or other drugs, and make a personal commitment to remain drug free. (2.3)
- Recognize risky situations that may lead to trouble, so that one can protect oneself and others from alcohol, tobacco, and other drug use. (2.4)
- Apply problem-solving strategies to hypothetical situations to protect oneself and others from alcohol, tobacco, and other drug use. (2.6)
- Demonstrate effective refusal skills to counter pressure to use alcohol, tobacco, and other drugs. (2.7)
- Describe strategies to stay safe when using the internet. (3.7)
- Describe the characteristics of healthy (positive) and harmful (negative) relationships (3.1)
- Summarize the benefits of staying within behavioral limits and remaining abstinent. (7.1)
- Set personal boundaries and limits related to physical intimacy and sexual behavior. (7.3)

- Demonstrate the ability to communicate one's behavioral limits to show respect for the limits of others related to physical intimacy and sexual behavior. (7.8)

COURSE OUTLINE

Unit 1: Decision Making & Communication

Unit 2: Digital Citizenship

Unit 3: Staying in Control

Unit 4: Future Dating Relationships