

## Grade Eight

Students in grade eight have an understanding of the origins and causes of diseases, including the relationship between family history and certain health risks. They begin to relate short- and long-term consequences of health choices and apply health skills to specific personal, family, and community health concerns. Students can discern relationships among all components of health and wellness and knowledgeably use consumer information.

### Knowledge and Skills

- 8.1 The student will analyze and evaluate the relationship between health-risk behaviors and the onset of health problems that can impact health and wellness during the adolescent years. Key concepts/skills include
- the pathogenic, genetic, age, cultural, environmental, and behavioral factors that influence the degree of risk for contracting specific diseases;
  - the roles of preventive health measures, immunization, and treatment in disease prevention;
  - the short- and long-term health issues related to alcohol abuse and tobacco use;
  - the impact of failing to recognize issues related to emotional and mental health;
  - the health risks associated with feelings of immortality and invincibility;
  - the consequences of involvement in potentially dangerous situations;
  - the health risks of a sedentary lifestyle;
  - the risk factors associated with communicable and non-communicable diseases.
- 8.2 The student will apply health concepts and skills to the management of personal and family health. Key concepts/skills include
- the risks associated with gang-related activities;
  - the benefits of using resistance, problem-solving, and decision-making skills for addressing health issues;
  - the importance of developing relationships that are positive and promote wellness;
  - the benefits of developing and implementing short- and long-term health and fitness goals that are achievable and purposeful.
- 8.3 The student will make choices that demonstrate an understanding of the relationship between nutrition and emotional and physical health. Key concepts/skills include
- causes and effects of compulsive behaviors, such as eating disorders;
  - the relationship between personal health and cognitive performance.

### Information Access and Use

- 8.4 The student will interpret and evaluate how health information, products, services, and agencies target adolescents. Key concepts/skills include
- a personal system for reviewing appropriateness of print, audiovisual, and electronic media images;
  - the influence of multiple media resources on personal choices;
  - consumer rights related to health products and services.

### Community Health and Wellness

- 8.5 The student will investigate and evaluate ways in which peers, families, and other community groups can work together to build a safe and healthy community. Key concepts/skills include
- methods used to reduce health hazards and risks;
  - the health risks associated with yielding to negative peer pressure;
  - practices associated with healthy environments;
  - opportunities for community service.