
Health Education: Grade 8

The content in the DoDEA health education standards is organized into seven strands. The six standards in the first strand, Health Literacy Skills (HESK), address skills that are for personal, family and community health enhancement. These standards teach essential and transferable skills that foster health efficacy. The skills also are applicable as learning tools for the other six content strands. The standards in the Health Literacy Skills strand are consistent throughout all grade levels and matched at each grade level with content standards in the other strands as important similarities are identified. The standards in the remaining content strands, Personal and Community Health (HE1); Safety and Injury Prevention (HE2); Nutrition and Physical Activity (HE3); Mental Health (HE4); Alcohol, Tobacco, and Other Drugs (HE5); Family Life and Human Sexuality (HE6) progressively change through the grade levels.

Strand:

HESK Health Literacy Skills

Essential Understanding: **8HESK** Demonstrating health literacy skills lead to personal family and community health.

The student will:

Standards:

8HESK1: access valid health information;
8HESK2: practice health-enhancing behavior;
8HESK3: analyze influences on health;
8HESK4: use interpersonal communications skills to enhance health;
8HESK5: use goal setting and decision making skills to enhance health; and
8HESK6: advocate for health.

Strand:

HE1 Personal and Community Health

Essential Understanding: **8HE1** Practicing personal hygiene, health habits, and health promotion leads to lifelong wellness.

The student will:

Standards:

8HE1a: analyze risk factors and risk behaviors that affect individual susceptibility to communicable disease;
8HE1b: explain how the immune system functions to prevent and combat disease;
8HE1d: evaluate the effects of communicable disease on the individual, family, and society;
8HE1d: describe the impact of personal choices on one's health and well-being that can last into adulthood; and
8HE1e: report on public health services for adolescents.

Strand:

HE2 Safety and Injury Prevention

Essential Understanding: **8HE2** Following safe practices prevents injury, sudden illness, child abuse and child neglect.

The student will:

- Standards:
- 8HE2a:** analyze the relationship between safety promotion and injury prevention;
 - 8HE2b:** provide examples of child abuse and child neglect, examples are:
 - physical abuse,
 - sexual abuse,
 - verbal abuse,
 - emotional abuse, and
 - neglect;
 - 8HE2c:** determine rules, laws, policies, and practices that relate to safety issues at home, at school, and in the community, examples are:
 - home safety rules,
 - child protective laws,
 - student rights and responsibilities,
 - student discipline code,
 - community curfews, bicycle safety laws, etc.

Strand:

HE3 Nutrition and Physical Activity

Essential Understanding: **8HE3** Healthful nutrition and physical activity contribute to growth and energy and prevent chronic diseases.

The student will:

- Standards:
- 8HE3a:** examine health risks caused by food contaminants;
 - 8HE3b:** identify nutritional content of various foods in relation to dietary guidelines;
 - 8HE3c:** describe how fad diets and eating disorders may lead to nutritional deficiencies and imbalances that affect growth and development; and
 - 8HE3d:** analyze internal and external influences on physical activity and food choices.

Strand:

HE4 Mental Health

Essential Understanding: **8HE4** Mental health is essential to general well-being.

The student will:

- Standards:
- 8HE4a:** identify personal assets, strengths, and interests;
 - 8HE4b:** evaluate communications and strategies for building and maintaining healthy friendships;
 - 8HE4c:** demonstrate self-efficacy skills for positively supporting needs, wants, and emotions and for coping with transition to high school;
 - 8HE4d:** identify signs and symptoms of emotional stress or depression; and
 - 8HE4e:** identify supportive resources useful for addressing emotional stress, depression, and other mental health issues.

Strand:

HE5 Alcohol, Tobacco, and Other Drugs

Essential Understanding: **8HE5** Drug use can be helpful or harmful. Misuse has consequences that may require intervention and treatment.

The student will:

Standards

- 8HE5a:** describe the personal, social, and legal consequences of using and abusing alcohol, tobacco, and other drugs including steroids;
- 8HE5b:** examine beliefs related to alcohol, tobacco, and other drugs, including steroid use and consequences;
- 8HE5c:** promote reasons for peers to stay alcohol, tobacco and other illicit drug free; and
- 8HE5d:** demonstrate healthful decision making about alcohol, tobacco, and other drug use.

Strand:

HE6 Family Life and Human Sexuality

Essential Understanding: **8HE6** Developmental changes prepare one for adult roles in the family and society.

The student will:

Standards:

- 8HE6a:** explain conception and stages of pregnancy;
- 8HE6b:** describe effective methods to reduce the likelihood of pregnancy and/or risk of STD infection; and examples are:
- abstinence
 - barrier methods
 - contraceptive methods
- 8HE6c:** distinguish among the varied causes, symptoms, transmissions, treatments or cures, and sources of help for common sexually transmitted diseases (STDs) and HIV/AIDS.