

Health Education 6th-8th Grade

6th Grade Health	
What is health?	<p>Students learn the 6 components of health: Physical, Mental, Emotional, Spiritual, Social, Environmental</p> <p>Student evaluate the 6 components of health, they identify their strengths and weaknesses and develop ways to improve</p> <p>Each lesson is themed towards the six parts of health. After each unit students will evaluate how the specific lesson can relate to any of the parts of health using the key concepts chart</p>
Why is it important to care for your body?	<p>Students learn proper hygiene practices to keep their growing bodies healthy.</p> <p>Lesson on Germs (optional) Germs and Your Immune System – Students identify difference between bacteria and viruses and learn how the immune system keeps the body safe from infection.</p>
What is puberty and adolescence?	<p>Students are introduced to the physical, social, emotional, mental, environmental, spiritual changes of puberty.</p> <p>Students learn techniques to manage the stresses of puberty and set goals for the future.</p>
Why do our bodies change?	<p>Puberty Boy, Puberty Girl – Students learn about the physical changes of puberty specific to males or females.</p> <p>Human Reproduction – Students are introduced to concepts in human reproduction and explore how puberty prepares the body for reproduction.</p>
What is a bully?	<p>Students identify forms of bullying and what to do if they or a classmate is being bullied.</p>
How can I stop bullying?	<p>Students learn how they can be leaders against bullying in their classroom community.</p>

How can I be safe at home?	Student learn basic first aid, prepare for babysitting, fire safety, tornado safety, cooking safety
What do I do if there is an emergency?	(Topics include) Seatbelt safety and impact of car passenger behavior Safety strategies when in public places, including escaping when weapons are present School procedures for school crisis situations Strategies to safe when using the Internet - How to get adult help Advocacy for others to practice safe behaviors Child sexual abuse and abduction prevention

7th Grade Health	
What is health?	Students learn or review the 6 components of health: Physical, Mental, Emotional, Spiritual, Social, Environmental Student evaluate the 6 components of health, they identify their strengths and weaknesses and develop ways to improve Each lesson is themed towards the six parts of health. After each unit students will evaluate how the specific lesson can relate to any of the parts of health using the key concepts chart
What is self-esteem?	Self-esteem and Body Image: Students analyze how friends, family, media, and culture can influence self-esteem and body image.
What is my self-concept?	Self-esteem and Body Image: Students analyze how friends, family, media, and culture can influence self-esteem and body image. Appreciation- Students create gratitude journals
Anger! How can I manage my uncomfortable emotions?	Student practice the following skills Listening skills

	<p>Assertive communication, including I-messages</p> <p>How to managing strong feelings</p> <p>Angry feelings versus angry behavior</p> <p>Non-violent conflict resolution skills</p>
What is mental illness?	<p>Students learn about many different mental illnesses (bipolar mood disorder, depression, alzheimer's, eating disorders, schizophrenia, anxiety, phobias etc.)</p> <p>Student creates informational projects on the topics</p>
How can I get help if myself/friend is feeling depressed?	<p>Criteria for getting help decision-making and problem-solving skills criteria for evaluating solutions</p>
What is nutrition?	<p>Students compare and contrast a variety in foods and snacks for good health</p> <p>Promote drinking water for good health</p> <p>Categorize foods and snacks into the five food groups</p> <p>Emphasizes importance of physical activity for good health</p> <p>Students create and perform examples of ways to be physically active</p>
What are the essential nutrients?	<p>Students learn the essential nutrients and how they impact the body</p> <p>Students review the digestive system and process of how nutrients get used in the body</p>
How can I balance my diet?	<p>Students learn the benefits of healthy eating and physical activity</p> <p>Dietary guidelines applied to individuals</p> <p>Body image and healthy weight</p> <p>Influences on eating, activity and sleep -</p> <p>Use of Dietary Guidelines to make a personal plan</p> <p>Students support others to eat healthy and to be active</p>
What is diabetes, cancer, and other diseases?	<p>Students learn basic concept of diabetes and cancer. How a person may get the disease and how it affects the body</p> <p>Students learn how many diseases can be prevented through diet and exercise</p>

What are the body systems	Students learn basic human anatomy through labeling, diagrams and models.
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8th Grade Health	
What is health?	<p>Students learn or review the 6 components of health: Physical, Mental, Emotional, Spiritual, Social, Environmental</p> <p>Student evaluate the 6 components of health, they identify their strengths and weaknesses and develop ways to improve</p> <p>Each lesson is themed towards the six parts of health. After each unit students will evaluate how the specific lesson can relate to any of the parts of health using the key concepts chart</p>
What is stress?	<p>Students will learn the difference between good stress and bad stress. Students will acknowledge their stressors. Students will learn how stress is a natural part of life</p> <p>(optional) Students will participate in a sleep study where they track their sleep habits for a week. They will analyze their study and relate it to the stress in their lives</p>
How can I manage my stress?	<p>Students will learn many ways to manage stress and evaluate how they can use a specific tool to manage the stressors in their lives</p> <p>Students perform deep muscle relaxation, and create stress balls in class</p>
Why is tobacco harmful?	<p>Students learn the physiological and psychological effects of tobacco on the body. Compare advertisements from the 1950-2014 compare and contrast media messages</p>

	<p>Create anti-tobacco t-shirts</p> <p>Students research the tobacco companies and government laws, students debate ethical practices</p>
What are the dangers of alcohol use?	<p>Students learn the physiological and psychological effects of alcohol on the body. Discuss influences of drug use.</p>
How do marijuana and other drugs affect the body?	<p>Students learn the physiological and psychological effects of marijuana and other drugs have on the body. Students discover the influences that promote drug use in young people.</p> <p>Review rules and laws related to drugs Health, social, and legal consequences of drug use</p>
What are the stages of life?	<p>Student identify signs and symptoms of pregnancy and learn prenatal practices that contribute to a healthy pregnancy.</p> <p>Students learn how a woman's body changes during pregnancy and about factors that affect the health of both the mother and fetus. Students learn the stages of development of a fetus before birth</p>
Female/Male Anatomy, why are we different?	<p>Students label the reproductive systems and understand the function of the system</p> <p>Students compare and contrast the different systems</p>
How do STD's affects the body?	<p>Students will learn medically-accurate information about sexually transmitted infections and HIV. Students will develop a plan for reducing their risk for sexually transmitted infections and HIV.</p> <p>Sexual Health Resources: Students identify medically-accurate sources of information about sexual health, STIs, and HIV.</p>
What are the consequences of being sexually active?	<p>Students will identify abstinence as the only 100% effective method of protecting against unplanned pregnancy and sexually transmitted infections. Student will develop and communicate a plan for practicing abstinence</p> <p>Students learn the consequences of unwanted</p>

pregnancies

Students compare and contrast the use and effectiveness of various contraceptive methods, including abstinence.

Students learn how to lower their risk of acquiring a sexually transmitted infection and explore resources for testing and treatment. Students practice communicating effectively about their sexual health decisions.

Students apply a decision making model to adolescent and sexual health scenarios.