
Health Education: Grade 8

In addition to the content standards, Health Education teachers must instill health literacy skills (HESK) into classroom activities. The six HESK have a two-fold benefit. First, they promote personal, family, and community health. Second, they teach essential and transferable skills that include accessing data, analyzing information, setting goals, and communicating ideas.

Strand:

HESK Health Literacy Skills

The student applies health literacy skills in concert with health concepts to enhance personal, family and community health; that is, the student will:

Standards:

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

Strand:

HE1 Personal and Community Health

The student understands the basic concepts of hygiene, health habits, and health promotion; that is, the student will:

Standards:

- HE1a:** analyze risk factors and risk behaviors that affect individual susceptibility to communicable disease;
- HE1b:** evaluate the effects of communicable disease on the individual, family, and society;
- HE1c:** describe the impact of personal choices on one's health and well-being that can last into adulthood; and
- HE1d:** report on public health services for adolescents.

Strand:

HE2 Safety and Injury Prevention

The student demonstrates understanding of basic concepts related to safety, injury prevention or sudden illness, and prevention of child abuse and child neglect; that is, the student will:

Standards:

- HE2a:** analyze the relationship between safety promotion and injury prevention; and
- HE2b:** analyze influences of laws, policies, and practices on safety issues at home, at school, and in the community.

Strand:

HE3 Nutrition and Physical Activity

The student understands how healthful nutrition and physical activity contribute to growth and energy and help prevent chronic diseases such as heart disease, cancer, and diabetes; that is, the student will:

Standards:

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

Strand

HE4 Mental Health

The student understands how mental health contributes to general well-being; that is, the student will:

Standards:

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

Strand

HE5 Alcohol, Tobacco, and Other Drugs

The student understands licit and illicit drugs and how to prevent abuse and access intervention and treatment resources; that is, the student will:

Standards:

- HE5a:** describe the health, social, and legal consequences of using and abusing alcohol, tobacco, and inhalants;
- HE5b:** examine beliefs related to alcohol, tobacco, and other drug and inhalant use and consequences;
- HE5c:** demonstrate communications and resistance skills to use when confronting negative peer pressure or potentially violent situations; and
- HE5d:** demonstrate healthful decision making about alcohol, tobacco, and other drug use.

Strand

HE6 Family Life and Human Sexuality

The student understands the developmental changes that occur as he or she grows and matures through childhood to young adulthood and how these changes prepare one for adult roles in the family and society; that is, the student will:

Standards:

- HE6a:** define the stages of conception, fetal development, and birth;
- HE6b:** analyze effectiveness of natural and artificial methods of family planning; and
- HE6c:** analyze signs and symptoms of major sexually transmitted diseases (STDs) and HIV/AIDS and know where to get help.