

# **8<sup>th</sup> Grade Health Standards**

## **Alcohol, Tobacco and Drugs**

1. Assesses the consequences on the fetus and child of using alcohol, tobacco products, and other drugs.
2. Recognizes signs and symptoms of chemical dependency and identifies appropriate sources for help and support.
3. Describes the consequences associated with the use of alcohol, tobacco products, and other drugs in teen relationships.
4. Practices countering aggressive behavior and intimidation by refusing to use tobacco products, alcohol and other drugs.
5. Proposes alternatives to using alcohol, tobacco products, and other drugs.

## **Disease Prevention**

1. Describes causes, effects and prevention of communicable diseases.

2. Recognizes that sexually transmitted diseases, including HIV/AIDS, are communicable diseases.
3. Recognizes that HIV/AIDS is caused by a virus and is currently incurable and fatal.
4. Identifies and explains the ways in which HIV/AIDS is transmitted and identifies behaviors that increase the risk of contracting HIV/AIDS.
5. Lists misconceptions about the virus that causes HIV/AIDS.
6. Recognizes the importance of individuals abstaining from premarital sex and intravenous drug use to prevent the spread of HIV/AIDS and other sexually transmitted diseases.
7. Identifies methods of preventing pregnancy and sexually transmitted diseases and discusses whether or not they are effective.
8. Recognizes that abstaining from sexual activity and refraining from intravenous drug use are the most effective methods of preventing HIV/AIDS.
9. Recognizes abstinence from sexual activity as the only sure method of preventing pregnancy and sexually transmitted diseases.

## **Family Living**

1. Identifies factors that promote a positive self image.
2. Recognizes how sexual decisions are influenced by group pressures.
3. Identifies ways of resisting persuasive tactics regarding sexual involvement.
4. Identifies social, emotional, intellectual, and economic effects of dating.
5. Recognizes that having children is best undertaken in marriage.

## **Mental Health**

1. Assesses personal characteristics associated with positive self-esteem.
2. Discusses the influence of self identity and group acceptance in choosing friends.
3. Analyses possible causes of conflict among youth and styles/strategies to handle them.

## **Nutrition**

1. Analyzes the relationship between nutrition and disease prevention.
2. Identifies disorders associated with malnutrition and obesity.

## **Safety**

1. Analyzes safety factors for motorized and nonmotorized vehicles and equipment for land and water purposes.
2. Demonstrates appropriate first aid procedures for shock, bleeding, and muscular skeletal injuries.
3. Identifies threats to personal safety.
4. Identifies local support system concerning personal safety.