

A Guide to the Colorado Academic Standards



Working Together

To support families and teachers in realizing the goals of the Colorado Academic Standards, this guide provides an overview of the learning expectations for eighth grade comprehensive health and offers some possible learning experiences students may engage in during this time.

Why Standards?

Created by Coloradans for Colorado students, the Colorado Academic Standards provide a grade-by-grade road map to help ensure students are ultimately successful in college, careers, and life. The standards aim to improve what students learn and how they learn in ten content areas, emphasizing critical-thinking, creativity, problem solving, collaboration, and communication as important life skills in the 21st century.

Comprehensive Health for Middle Schools (6-8)

The comprehensive health standards in grades six through twelve focus on enhancing and strengthening skills in the areas of physical, emotional and social wellness and using those individual skills in family, school and community environments. In each grade the standards ask students to deepen their understanding of ways to set and maintain healthy relationships and continue to investigate healthy eating/living habits, positive communication strategies, effective decision-making, and ways to ensure personal and community safety.

Where can I learn more?

- Contact your school district regarding local decisions related to standards, curriculum, resources, and instruction.
- Colorado Academic Standards Booklets: <http://www.cde.state.co.us/standardsandinstruction/GradeLevelBooks.asp>
- Phyllis Reed, Comprehensive Health and Physical Education Content Specialist at 720-498-2059, Reed_p@cde.state.co.us



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At the end of Eighth Grade, students can...



Comprehensive Health

Eighth Grade



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Comprehensive Health Learning Expectations for Eighth Grade

Physical and Personal Wellness

Promote and enhance health through disease prevention; explain the physical, emotional, mental and social benefits of sexual abstinence, and develop strategies to resist pressures to become sexually active; explain the signs and symptoms of HIV/AIDS, other sexually transmitted diseases (STDs) and unintended pregnancy, and how certain behaviors place a person at greater risk.

Emotional and Social Wellness

Analyze the factors that influence mental and emotional health; access valid school and community resources to help with mental and emotional health concerns.

Prevention and Risk Management

Analyze influences that impact an individual's use or non-use of alcohol, tobacco, other drugs and violence; access valid sources and information, and demonstrate decision-making skills to be alcohol, tobacco and drug-free; advocate for a positive, respectful school and community environment that support pro-social behaviors.

Throughout the Eighth Grade, you may find students...

- Analyzing the benefits and effectiveness of abstinence in preventing HIV, STDs, and unintended pregnancies.
- Developing a logical argument that examines the relationship between alcohol and other drugs and sexual activity.
- Demonstrating verbal and nonverbal refusal skills in high pressure situations.
- Analyzing how stereotypes surrounding mental and emotional problems influence a person's desire to seek help.
- Explaining when it is necessary and where to seek help for mental and emotional health problems such as depression, mood disorders, and anxiety.
- Applying decision-making skills to avoid using alcohol, tobacco and other drugs in a variety of situations.
- Investigating messages perpetuated through the media and culture (body images, social interactions) and their possible effects on behavior.