

Health

Brunswick School Department Grades: 6-8 Curriculum Alignment

	Grade 6	Grade 7	Grade 8
A. Health Concepts Students comprehend concepts related to health promotion and disease prevention to enhance health.			
A1. Healthy Behaviors and Personal Health Students examine the relationship between behaviors and personal health.			
a. Explain the importance of assuming responsibility for personal health.		Healthy Choices Human Growth	Nutrition and Wellness Substance Abuse Prevention
b. Examine the relationship between healthy and unhealthy behaviors and personal health.		Human Growth Healthy Choices	Substance Abuse Prevention
c. Identify the possible barriers to practicing healthy behaviors.			Substance Abuse Prevention
A2. Dimensions of Health Students explain the interrelationship of physical, mental/intellectual, emotional, and social health.		Healthy Choices	Personal and family Health and Wellness
A3. Diseases/Other Health Problems Students identify causes of common adolescent diseases and other health problems and describe ways to reduce, prevent, or treat them.		Human Growth	Community Health

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A4.Environment and Personal Health Students determine how environment and other factors impact personal health.			
a. Analyze how environment impacts personal health.			Community Health Substance Abuse Prevention
b. Describe how family history can impact personal health.		Healthy Choices Human Growth and Development	Personal and Family Health and Wellness Nutrition
c. Explain how appropriate health care can promote personal health.			Community Health
A5.Growth and Development Students describe specific characteristics of adolescent human growth and development.		Human Growth and Development	
A6.Basic Health Concepts Students explain essential health concepts related to family life; nutrition; personal health; safety and injury prevention; and tobacco, alcohol, and other drug use prevention.		Healthy Choices Safety and Accident Prevention	Substance Abuse Prevention Nutriton

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B. Health Information, Products and Services Students demonstrate the ability to access valid health information, services, and products to enhance health.			
B1.Validity of Resources Students analyze the validity of health information, products, and services.		Healthy Choice	Nutrition and Wellness Substance Abuse Prevention
B2.Locating Health Resources Students locate valid and reliable health information, products, and services.			Community Health
a. Explain situations requiring the use of valid and reliable health information, products, and services.		Healthy Choice	Nutrition
b. Locate valid and reliable health information.		Human Growth and Development	Nutrition
c. Locate valid and reliable health products and services.		Human Growth and Development	Community Health

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C. Health Promotion and Risk Reduction Students demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.			
C1. Healthy Practices and Behaviors Students demonstrate a healthy practice and/or behavior to maintain or improve their own health in each of the following areas: personal hygiene; healthy eating; physical activity; and tobacco, alcohol, and other drug use prevention.		Safety and Accident Prevention	Substance Abuse
C2. Avoiding/Reducing Health Risks Students demonstrate behaviors to avoid or reduce health risks to self and others.			
a. Demonstrate ways to recognize, avoid, or change situations that threaten the safety of self and others.		Safety and Accident Prevention	Substance Abuse
b. Develop injury prevention and response strategies including first aid for personal and family health.		Safety and Accident Prevention	
C3. Self-Management Students distinguish between healthy and unhealthy strategies for stress, anger, and grief management.		Personal Health	Personal and Family Health and Wellness Personal & Family Health & Wellness

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D. Influences on Health Students analyze the ability of family, peers, culture, media, technology, and other factors to enhance health.			
D1. Influences on Health Practices/Behaviors Students explain and analyze influences on adolescent health behaviors.			
a. Examine how the family, school, and community influence the health behaviors of adolescents.			Substance Abuse Prevention
b. Describe how peers influence healthy and unhealthy behaviors.		Healthy Choices`	Substance Abuse Prevention
c. Analyze how messages from media influence health behaviors.			Nutrition and Wellness Substance Abuse Prevention
d. Explain how the perceptions of norms influence healthy and unhealthy behaviors.			Substance Abuse Prevention
e. Explain how culture and personal values and beliefs influence individual health behaviors.		Healthy Choices	Nutrition and Wellness
D2. Technology and Health Students analyze the influence of technology, including medical technology, on personal and family health.			Community Health

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D3.Compound Effect of Risk Behavior Students describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.			
a. Describe how gateway drugs can lead to the use of other drugs.			Substance Abuse Prevention
b. Describe the influence of alcohol and other drug use on judgment and self-control			Substance Abuse Prevention

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E. Communication and Advocacy Skills Students demonstrate the ability to use interpersonal communication and advocacy skills to enhance personal, family, and community health.			
E1. Interpersonal Communication Skills Students apply effective verbal and nonverbal interpersonal communication skills to enhance health.			
a. Demonstrate communication skills to build and maintain healthy relationships.		Personal Health	
b. Demonstrate effective communication skills including asking for assistance to enhance the health of self and others.		Personal Health	
c. Demonstrate refusal and negotiation skills to avoid or reduce health risks.		Healthy Choices	Personal & Family Health & Wellness Substance Abuse Prevention
d. Demonstrate effective conflict management or conflict resolution strategies.		Human Growth	Nutrition and Wellness Personal & Family Health & Wellness Substance Abuse Prevention

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E2. Advocacy Skills Students describe ways to influence and support others in making positive health choices.			
a. Develop a health-enhancing position on a topic and support it with information.			Nutrition Substance Abuse Prevention
b. Develop health-enhancing messages using communication techniques that target a specific audience.		Personal Health	Substance Abuse Prevention
c. Demonstrate an ability to work cooperatively as an advocate for healthy individuals, families, and schools.			Community Health

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F. Decision-Making and Goal-Setting Skills Students demonstrate the ability to make decisions and set goals to enhance health.			
F1. Decision-Making Students apply decision-making skills to enhance health.			
a. Determine when health-related situations require the application of a thoughtful decision-making process.			Personal and Family Health and Wellness Substance Abuse Prevention
b. Determine when individual or collaborative decision-making is appropriate.			Substance Abuse Prevention
c. Distinguish between healthy and unhealthy alternatives to health-related issues or problems and predict the potential short-term impact of alternative decisions for themselves and others.			Personal and Family Health and Wellness
d. Choose healthy alternatives over unhealthy alternatives when making a decision.		Healthy Choices	Nutrition and Wellness Personal and Family Health and Wellness
e. Analyze the outcomes of a health-related decision.		Human Growth	Personal and Family Health and Wellness

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F2.Goal-Setting Students develop and apply strategies to attain a short-term personal health goal.			Nutrition and Wellness
a. Assess personal health practices.		Healthy Choices	Substance Abuse Prevention
b. Develop a short-term goal to adopt, maintain, or improve a personal health practice.		Healthy Choices	
c. Develop and apply strategies and monitor progress toward a personal health goal.		Healthy Choices	
d. Describe how personal health goals can vary with changing abilities, priorities, and responsibilities.		Healthy Choices	
F3.Long Term Health Plan No performance indicator.			