

Baltimore County Public Schools

Eighth Grade Comprehensive Health Education

In grade eight, students will apply the knowledge and skills they acquired in previous grades to more advanced adolescent health issues. The program will allow students to expand their understanding of risk issues while providing the opportunity to set goals and develop strategies for personal health.

Content

- Taking Charge
review of health skills
personal behaviors and skills application to a personal health plan
- Drug Awareness
the physical effects of psychoactive drugs
social, legal, and economic consequences of abuse
avoiding involvement
patterns of drug dependency
media messages and social pressures
resources for intervention
- Relationships and Human Sexuality:
creating and maintaining positive relationships
identifying pressures and influences to engage in risky behaviors
abstinence
consequences of becoming sexually active
pregnancy and birth
teen parenting issues
- Communicable Disease Prevention:
understanding the physical, social, and emotional impact of disease
reducing disease transmission
identifying symptoms of and seeking treatment for disease
avoiding sexually transmitted infections
understanding and preventing HIV/AIDS

Skills: Teachers introduce, reinforce, and provide age-appropriate opportunities to practice the following personal skills in the grade 8 health education program:

- accessing, analyzing, and evaluating
- decision making/ problem solving
- resistance, refusal, and delaying tactics
- verbal and non-verbal communication
- self management
- coping
- goal setting
- negotiation, collaboration, and conflict resolution

Curriculum: *Comprehensive Health Education: Grade 8*

Text Program: Glencoe McGraw-Hill *Teen Health, Course 3 (2003)*

For a more detailed content outline and indicators for this program, please see your child's teacher

Revised 9/03