

Grade 8 Health Standards and Benchmarks Confirmed

Standard 1: Knows and understands how to maintain and promote wellness. (Physical, Mental/Emotional, Social)

Benchmarks:

1.1: Students will know how to locate and use community health services that provide valid health information.

1.2: Students will know and understand personal health strengths and weaknesses and how to apply strategies and skills to improve health.

1.3: Students will know how to apply responsible decision making strategies to maintain or improve their health.

1.4: Students will understand how various messages from the media, technology, and other sources impact health practices.

Standard 2: Knows and understands how to maintain and promote physical health

Benchmarks:

2.1: Recognizes and applies healthy nutrition and physical activity concepts in order to maintain and improve health

2.2: Knows and understand how tobacco, alcohol and other substances can affect health

2.3: Understands that unprotected sex may result in pregnancy and or STD's

2.4: Understands which methods of birth and STD control methods are the most reliable

2.5: Recognizes an emergency and can apply appropriate First Aid/CPR responses.

Standard 3: Knows and understands how to maintain and promote emotional and mental health

Benchmarks:

3.1: Understands how changing information, abilities, priorities and responsibilities influence personal goals

3.2: Understands how peer relationships can affect health

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3.3: Understands how positive self concept can positively influence health.

Standard 4: Knows and understands how to maintain and promote social health

Benchmarks:

4.1: Knows and understands how to maintain positive dating relationships.

4.2: Knows and can apply refusal and negotiation skills

4.3: Understands how peer relationships affect health