

**Health  
Health Education Outcomes  
Grade 6**

**Students will**

**Standard #**

**PHYSICAL HEALTH**

**Growth and Development, Physical Fitness, Nutrition,  
Reproduction/Sexuality**

- 7.7** Recognize differences in others as a positive thing in a classroom, and identify the detrimental effects of prejudice and closed mindedness in a classroom and in society as a whole.
- 1.8** Describe the different aspects of human health and the influence of health habits on growth and development throughout adolescence.

**SOCIAL AND EMOTIONAL HEALTH**

**Mental Health, Family Life, Interpersonal Relationship**

- 5.6** Explain how a wide variety of coping skills can positively impact self-esteem and self-concept.
- 5.7** Recognize and manage a variety of emotions (i.e., anger, fear, jealousy, envy, grief) and identify how they affect daily living.
- 6.1** Describe different types of families, addressing membership and social influences, and the functions of family members.
- 7.5, 7.6, 7.7** Know and practice skills that will improve and maintain positive peer relationships.
- Uses a decision making process to assess risk and consider potential consequences of friendship relationships.
- 6.5, 6.8** Describe ways in which relationships among parents and children change during adolescence and identify how functions, purposes, and responsibilities of family members change during this time.

**Health Education Outcomes**  
**Grade 6 (Continued)**

**Students will**

**Standard #**

**SAFETY AND PREVENTION**

**Disease, Safety/Injury, Tobacco, Alcohol, and  
Other Substances Use/Abuse, Violence Prevention**

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| <b>10.6</b>      | List facts about different drug substances, focusing on alcohol, tobacco, and marijuana.   |
| <b>5.6, 10.8</b> | Demonstrate a variety of refusal skills that relate to alcohol and other drug use.   |
| <b>1.8, 7.4</b>  | Describe and explain some of the difficulties that people with disabilities and differences must cope with in their day-to-day life. |

**Health  
Health Education Outcomes  
Grade 8**

Students will

Standard #

**PHYSICAL HEALTH**

**Growth and Development, Physical Fitness, Nutrition,  
Reproduction/Sexuality**

- CPS** Demonstrate knowledge of the four components of human health: physical, social, emotional, and intellectual health.
- 4.3** Define sexual orientation using correct terminology (such as heterosexual, and gay and lesbian).
- 4.5** Recognize emotional, physical, and social changes related to puberty.
- 4.6** Explain the benefits of abstinence, postponing sexual behavior, and setting sexual limits.
- 4.7** Describe and discuss short- and long-term consequences of sexual risk behaviors.
- 4.8** Describe methods of pregnancy prevention, stressing abstinence.
- 4.9** Define and understand the different types of sexually transmitted infections, including HIV/AIDS, and identify methods of prevention.
- 4.10** Identify definitions of sexual discrimination, harassment, and abuse.
- 9.5** Demonstrate assertive behavior and refusal skills related to sexual safety and responsibility.

**SOCIAL AND EMOTIONAL HEALTH**

**Mental Health, Family Life, Interpersonal Relationship**

- 5.6** Explain strategies and coping skills that influence self-esteem and self-concept.
- 7.3** Explain and practice skills that create positive friendships, including recognizing character traits that weaken or strengthen these friendships.
- 5.11** Analyze and discuss causes and coping mechanisms for handling adolescent stress and recognize its effects on the body and mind.
- 5.12** Identify factors that help people deal with different kinds of loss and grief.

**Health Education Outcomes  
Grade 8 (Continued)**

**Students will**

**Standard #**

**SAFETY AND PREVENTION**

**Disease, Safety/Injury, Tobacco, Alcohol, and Other  
Substances Use/Abuse, Violence Prevention**

- 9.3** Use a decision-making process to assess risk and consider potential consequences.
- 10.5, 10.6** Describe addictions to alcohol, tobacco (second hand smoke), and other drugs and methods of intervention, treatment, and cessation.
- 10.7** Identify internal factors as well as external factors (i.e., family, peers, community, religion, and media) that influence the decision of adolescents to use or not use drug substances.
- 10.8** Demonstrate refusal skills and techniques for avoiding alcohol, tobacco, and other drug use.

**PERSONAL AND COMMUNITY HEALTH**

**Consumer Health and Resource Management,  
Ecological Health, Community and Public Health**

- 9.12, 9.19** Demonstrate skills that create eligibility for American Red Cross certification in C.P.R.