

**MENTAL AND EMOTIONAL HEALTH**

|         | <b>Essential Standard</b>                                                                                        | <b>Clarifying Objectives</b> |                                                                                                                                          |
|---------|------------------------------------------------------------------------------------------------------------------|------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|
| 8.MEH.1 | Create positive stress management strategies.                                                                    | 8.MEH.1.1                    | Evaluate stress management strategies based on personal experience.                                                                      |
|         |                                                                                                                  | 8.MEH.1.2                    | Design a plan to prevent stressors or manage the effects of stress.                                                                      |
|         |                                                                                                                  | 8.MEH.1.3                    | Design effective methods to deal with anxiety.                                                                                           |
| 8.MEH.2 | Evaluate how structured thinking (decision making, problem solving, goal setting) benefits emotional well-being. | 8.MEH.2.1                    | Evaluate the uses of defense mechanisms in terms of whether they are healthy or unhealthy.                                               |
|         |                                                                                                                  | 8.MEH.2.2                    | Critique personal use of structured thinking to enhance emotional well-being (based on appropriateness, effectiveness, and consistency). |
| 8.MEH.3 | Apply help-seeking strategies for depression and mental disorders.                                               | 8.MEH.3.1                    | Recognize signs and symptoms of hurting self or others.                                                                                  |
|         |                                                                                                                  | 8.MEH.3.2                    | Implement a plan for seeking adult help for peers who express symptoms of self-injury or suicidal intent.                                |

**PERSONAL AND CONSUMER HEALTH**

|         | <b>Essential Standard</b>                                               | <b>Clarifying Objectives</b> |                                                                                                                                                                                                             |
|---------|-------------------------------------------------------------------------|------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 8.PCH.1 | Understand wellness, disease prevention, and recognition of symptoms.   | 8.PCH.1.1                    | Classify the risk factors (based on risk behaviors) begun in childhood and adolescence associated with leading and premature causes of death.                                                               |
|         |                                                                         | 8.PCH.1.2                    | Explain behavioral and environmental factors that contribute to major chronic diseases and the methods for reducing problems associated with common conditions (asthma, allergies, diabetes, and epilepsy). |
|         |                                                                         | 8.PCH.1.3                    | Interpret health appraisal data to assess personal risks for preventable disease.                                                                                                                           |
| 8.PCH.2 | Evaluate health information and products.                               | 8.PCH.2.1                    | Critique medical information resources in terms of reliability, unreliability, accuracy, and significance.                                                                                                  |
|         |                                                                         | 8.PCH.2.2                    | Judge the effects of popular fads on health (tattooing, piercing, artificial fingernails).                                                                                                                  |
| 8.PCH.3 | Analyze measures necessary to protect the environment.                  | 8.PCH.3.1                    | Outline the potential health consequences of global environmental problems.                                                                                                                                 |
|         |                                                                         | 8.PCH.3.2                    | Explain the impact of personal behaviors on the environment, both positively and negatively.                                                                                                                |
| 8.PCH.4 | Analyze necessary steps to prevent and respond to unintentional injury. | 8.PCH.4.1                    | Execute the Heimlich maneuver on a mannequin.                                                                                                                                                               |
|         |                                                                         | 8.PCH.4.2                    | Demonstrate basic CPR techniques and procedures on a mannequin and pass a Red Cross or American Heart Association approved test of CPR skills.                                                              |

**INTERPERSONAL COMMUNICATION AND RELATIONSHIPS**

|         | <b>Essential Standard</b>                                                                                   | <b>Clarifying Objectives</b> |                                                                                                                                                                                 |
|---------|-------------------------------------------------------------------------------------------------------------|------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 8.ICR.1 | Understand healthy and effective interpersonal communication and relationships.                             | 8.ICR.1.1                    | Contrast characteristics of healthy and unhealthy relationships for friendships and for dating.                                                                                 |
|         |                                                                                                             | 8.ICR.1.2                    | Identify the reasons that people engage in violent behaviors (bullying, hazing, dating violence, sexual assault, family violence, verbal abuse) and resources for seeking help. |
|         |                                                                                                             | 8.ICR.1.3                    | Explain the effects of tolerance and intolerance on individuals and society.                                                                                                    |
|         |                                                                                                             | 8.ICR.1.4                    | Illustrate communication skills that build and maintain healthy relationships.                                                                                                  |
|         |                                                                                                             | 8.ICR.1.5                    | Use decision-making strategies appropriate for responding to unknown people via the Internet, telephone, and face-to-face.                                                      |
|         |                                                                                                             | 8.ICR.1.6                    | Recognize resources that can be used to deal with unhealthy relationships.                                                                                                      |
| 8.ICR.2 | Remember that abstinence from sexual activity outside of marriage means a positive choice for young people. | 8.ICR.2.1                    | Recall abstinence as <i>voluntarily refraining from intimate sexual behavior that could lead to unintended pregnancy and disease</i> .                                          |
|         |                                                                                                             | 8.ICR.2.2                    | Recall skills and strategies for abstaining from sexual activity outside of marriage.                                                                                           |
| 8.ICR.3 | Analyze strategies that develop and maintain reproductive and sexual health.                                | 8.ICR.3.1                    | Explain the health, legal, financial, and social consequences of adolescent and unintended pregnancy and the advantages of delaying parenthood.                                 |
|         |                                                                                                             | 8.ICR.3.2                    | Evaluate methods of FDA-approved contraceptives in terms of their safety and their effectiveness in preventing unintended pregnancy.                                            |
|         |                                                                                                             | 8.ICR.3.3                    | Select family, school, and community resources for the prevention of sexual risk taking through abstinence and safer sex practices.                                             |
|         |                                                                                                             | 8.ICR.3.4                    | Summarize ways to avoid being a victim or perpetrator of sexual abuse via digital media (including social network sites, texting, and cell phone).                              |

**NUTRITION AND PHYSICAL ACTIVITY**

|         | <b>Essential Standard</b>                                                                                                                                                             | <b>Clarifying Objectives</b> |                                                                                                                                                            |
|---------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 8.NPA.1 | Apply tools (Body Mass Index, Dietary Guidelines) to plan healthy nutrition and fitness.                                                                                              | 8.NPA.1.1                    | Interpret the Body Mass Index in terms of body composition and healthy weight, underweight, overweight and obesity.                                        |
|         |                                                                                                                                                                                       | 8.NPA.1.2                    | Summarize the benefit of consuming adequate amounts of vitamins A, E, and C, magnesium, calcium, iron, fiber, folic acid, and water in a variety of foods. |
|         |                                                                                                                                                                                       | 8.NPA.1.3                    | Implement meal plans that are consistent with the Dietary Guidelines.                                                                                      |
| 8.NPA.2 | Create strategies to consume a variety of nutrient dense foods and beverages in moderation.                                                                                           | 8.NPA.2.1                    | Plan healthy personal eating strategies with attention to caloric intake and expenditure.                                                                  |
|         |                                                                                                                                                                                       | 8.NPA.2.2                    | Generate a healthful eating plan incorporating food choices inside and outside the home setting.                                                           |
| 8.NPA.3 | Analyze the relationship of nutrition, fitness, and healthy weight management to the prevention of diseases such as diabetes, obesity, cardiovascular diseases, and eating disorders. | 8.NPA.3.1                    | Identify media and peer pressures that result in unhealthy weight control (eating disorders, fad dieting, excessive exercise, smoking).                    |
|         |                                                                                                                                                                                       | 8.NPA.3.2                    | Differentiate the signs, symptoms, and consequences of common eating disorders from more healthy eating behaviors.                                         |
|         |                                                                                                                                                                                       | 8.NPA.3.3                    | Use strategies to advocate for those who are at risk for eating disorders or poor nutrition.                                                               |
| 8.NPA.4 | Analyze plans for lifelong nutrition and health-related fitness to enhance quality of life.                                                                                           | 8.NPA.4.1                    | Outline strategies that can be used to overcome barriers to healthy eating.                                                                                |
|         |                                                                                                                                                                                       | 8.NPA.4.2                    | Differentiate methods of food preparation in terms of their health and safety.                                                                             |
|         |                                                                                                                                                                                       | 8.NPA.4.3                    | Summarize the benefits of regular physical activity.                                                                                                       |

**ALCOHOL, TOBACCO, AND OTHER DRUGS**

|          | <b>Essential Standard</b>                                                                            | <b>Clarifying Objectives</b> |                                                                                                                     |
|----------|------------------------------------------------------------------------------------------------------|------------------------------|---------------------------------------------------------------------------------------------------------------------|
| 8.ATOD.1 | Analyze influences related to alcohol, tobacco, and other drug use and avoidance.                    | 8.ATOD.1.1                   | Analyze policies and laws related to the sale and use of tobacco products in terms of their purposes and benefits.  |
|          |                                                                                                      | 8.ATOD.1.2                   | Predict the potential effect of anti-tobacco messages on the use of tobacco by youth and adults.                    |
| 8.ATOD.2 | Understand the health risks associated with alcohol, tobacco, and other drug use.                    | 8.ATOD.2.1                   | Explain the impact of alcohol and other drug use on vehicle crashes, injuries, violence, and risky sexual behavior. |
|          |                                                                                                      | 8.ATOD.2.2                   | Evaluate the magnitude and likelihood of the risks associated with the use of performance-enhancing drugs.          |
| 8.ATOD.3 | Apply risk reduction behaviors to protect self and others from alcohol, tobacco, and other drug use. | 8.ATOD.3.1                   | Use strategies to avoid riding in a car with someone impaired by alcohol or drugs.                                  |
|          |                                                                                                      | 8.ATOD.3.2                   | Identify positive alternatives to the use of alcohol and drugs.                                                     |
|          |                                                                                                      | 8.ATOD.3.3                   | Use advocacy skills to promote the avoidance of alcohol, tobacco, and drugs by others.                              |