

Strand 1 – Health Information		
Grade 8	Health Education	Advanced Health Education
		AHE.1A Generate a personal-health profile using appropriate technology such as blood pressure cuffs, body fat analyzers, and nutritional analysis.
	HE.4A Analyze the health messages delivered through media and technology.	
	HE.4B Explain how technology has impacted the health status of individuals, families, communities, and the world.	AHE.1B Explain the correlation of technology and health.
	HE.1A Draw correlations between Healthy People 2010 and the major health concerns of the individual, family, and community.	
HE.8.1A Compare the interrelationships of physical, mental, and social health.		
	HE.1B Examine the relationship among body composition, diet, and fitness.	
	HE.1C Explain the relationship between nutrition, quality of life, and disease.	
H.E.8.1B Research eating disorders such as bulimia, anorexia, or overeating to determine its affect on the various systems of the body.	HE.1D Describe the causes, symptoms, and treatment of eating disorders.	
HE.8.1C Investigate mental disorders, from onset to adulthood and its long-term affect on personal health.		
HE.8.1D Describe the life cycle of human beings and problems that may be encountered at each stage.	HE.1E Examine the stages related to grieving and death.	
	HE.1F Discuss health-related social issues, for example organ donation and homelessness.	
	HE.1G Identify suicidal indicators and analyze prevention strategies.	
	HE.1H Examine causes and effects of stress and develop strategies for managing stress and coping with anxiety and depression.	
	HE.1I Describe the importance of taking responsibility for establishing and implementing health maintenance for individuals and family members of all ages.	



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HE.8.3A Discuss current preventive health measures such as immunizations, dental implants.	HE.2A Analyze the relationship between health promotion and disease prevention.	
	HE.2C Identify, describe, and assess available health-related services in the community that relate to disease prevention and health promotion.	AHE.2A Investigate various sources in the community that promote health and prevent disease.
HE.8.3B Compare risks for contracting specific diseases based on age, culture and environmental factors.		AHE.2B Design health promotion materials.
	HE.2B Analyze the influence of laws, policies, and practices on health-related issues.	
HE.8.3C Distinguish risk factors associated with communicable and non-communicable diseases.	HE.2D Analyze strategies related to the transmission and prevention of communicable and non-communicable diseases.	
HE.8.3D Discuss city and regional facts related to Human Immunodeficiency Virus (HIV) infection and sexually transmitted diseases.		
HE.8.2A Explain how differences in growth patterns among adolescents such as onset of puberty may affect personal health.		
HE.8.2B Describe the influence of the endocrine system on growth and development, such as hormonal dysfunction.		
HE.8.2C Compare and contrast changes in males and females.		
HE.8.2D Describe physiological and emotional changes that occur during pregnancy and influences on decision making.		
HE.8.2E Analyze physical and emotional development during adolescence, such as injury to oneself or family.		
	HE.3A Explain fetal development from conception through pregnancy and birth.	AHE.3A Analyze the stages of fetal development.
	HE.3B Explain the importance of prenatal care for both the baby and the mother such as proper nutrition, regular physical activity, and medical check-ups.	AHE.3B Investigate the role of prenatal care in promoting optimal health for both the baby and the mother.



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	HE.3C Analyze the harmful effects of substances such as alcohol, tobacco, other drugs, and environmental hazards on the fetus.	AHE.3C Formulate strategies to counter the effects of substances such as alcohol, tobacco, other drugs, and environmental hazards on the fetus.
		AHE.3D Analyze roles of relationships and responsibilities relating to marriage.
		AHE.3E Analyze behavior in romantic relationships that enhance dignity, respect, and responsibility.
	HE.3D Explain the significance of genetics and its role in fetal development.	
		AHE.4A Research current health-related standards related to health information and products from valid sources such as the Centers for Disease Control and Prevention and the Food and Drug Administration.
		AHE.4B Analyze health information based on health-related standards.
		AHE.4C Evaluate the impact of laws relating to the use of medication, alcohol, tobacco, and other drugs/substances.
H.E. 8. 4A Use critical thinking to analyze and use health information, such as interpreting media messages.		AHE.5A Compare marketing and advertising techniques in health-product and service promotion.
HE.8.4B Develop criteria for evaluating current health information.	HE.5A Develop criteria for evaluating health information	
HE.8.4C Demonstrate ways to use health information to help self and others.		AHE.5B Deconstruct marketing and advertising techniques used in health promotion.
	HE.5B Demonstrate ways to utilize criteria to evaluate health information.	
HE.8.4D Discuss the legal implications regarding sexual activity as it relates to a minor.	HE.5C Discuss the legal implications regarding sexual activity as it relates to minors.	
	HE.5D Demonstrate decision-making skills based on health information.	
		AHE.6A Apply effective communication skills for building and maintaining healthy relationships.



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		AHE.6B Design strategies for implementing effective conflict resolution/mediation strategies.
		AHE.6C Present a cause and effect model advocating effective communication skills.



Strand 2 – Health Behaviors		
Grade 8	Health Education	Advanced Health Education
		AHE.7A Create a school-related campaign to address health-risk behaviors.
		AHE.7B Expand a school-related campaign to address health-risk behaviors to the community. .
		AHE.7C Produce educational-safety models for children and adults for use at home, school, and in the community.
		AHE.7D Evaluate the impact of laws relating to tobacco, alcohol, drugs and other substances.
		AHE.7E Investigate treatment plans for addictive substances and behaviors.
		AHE.7F Describe the interrelatedness of substance abuse and decision making to teen health problems.
	HE.6A Examine the effects of health behaviors on body systems such as not getting enough rest, eating a well-balanced meal, and poor posture.	
	HE.6B Link the role of early detection and warning signs in determining health care needs.	
	HE.6C Analyze the body changes occurring during adolescence.	
	HE.7A Analyze the harmful effects including the physical, mental, social, and legal consequences of alcohol, tobacco, drugs, and other substances.	
HE.8.5H Investigate the impact of chemical dependency and addiction to tobacco, alcohol, drugs and alternative substances.		
HE.8.5I Discuss medicine and other drug use to risk behaviors and affect on personal lives such as communicable diseases and prenatal health.		
	HE.7B Explain the relationship between substance abuse and the role these behaviors play in unsafe situations such as unprotected sexual activity and drinking and driving.	



Strand 2 – Health Behaviors		
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	HE.7C Develop strategies for prevention and intervention of addictive substances and behaviors	
HE.8.5J Discuss alternative activities that would discourage the use of tobacco, alcohol and other drugs.	HE.7D Compare and contrast alternatives to substance abuse.	
HE.8.5G Practice current first-aid procedures including Cardiopulmonary Resuscitation (CPR), AED and choking procedures for conscious and unconscious individuals.		
HE.8.5B Describe dangers associated with a variety of weapons, available to adolescents.		
HE.8.5K Apply strategies for avoiding violence, gangs, weapons and drugs.	HE.7E Analyze and apply strategies for avoiding violence, gangs, and weapons.	
HE.8.5L Investigate rules for possession of drugs and weapons in and out of the school environment and the consequences.		
HE.8.5A Analyze and demonstrate strategies for preventing and responding to deliberate and accidental injuries.	HE.7F Analyze and utilize strategies for preventing and responding to deliberate and accidental injuries.	
	HE.7G Analyze the relationship between the use of refusal skills and the avoidance of unsafe situations.	
	HE.7H Analyze the importance and benefits of abstinence as it relates to emotional health and the prevention of pregnancy and sexually-transmitted diseases.	
	HE.7I Analyze the effectiveness and ineffectiveness of various contraceptive methods on pregnancy, Sexually Transmitted Infections (STIs) and benefits of abstinent until marriage.	
HE.8.5C Categorize strategies for prevention and intervention of emotional, physical, and sexual abuse, such as legal intervention and reporting.	HE.7J Analyze the importance of healthy strategies that prevent physical, sexual, and emotional abuse such as dating violence, sexual violence, verbal abuse and harassment.	
HE.8.5D Examine information relating to abstinence.		
HE.8.5E Elaborate on the importance of abstinence from sexual activity among unmarried school age persons.	HE.7K Analyze the importance of abstinence from sexual activity as the preferred choice of behavior in relationship to all sexual activity for unmarried persons of school age.	



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<p>HE.8.5F Discuss abstinence from sexual activity as the only method that is 100% effective in preventing pregnancy, sexually transmitted diseases, and the sexual transmission of HIV or acquired immune deficiency syndrome, and the emotional trauma associated with adolescent sexual activity.</p>	<p>HE.7L Discuss abstinence from sexual activity as the only method that is 100% effective in preventing pregnancy, sexually transmitted infections, and the sexual transmission of HIV/AIDS, and the emotional trauma associated with adolescent sexual activity.</p>	



Strand 3 – Influencing Factors		
Grade 8	Health Education	Advanced Health Education
		AHE.8A Analyze the impact of environmental factors on the health of the community such as air, water, noise.
	HE.10A Assess the impact of population and economy on community and world health.	
HE.8.6A Identify physical and social environmental factors, to individual and community health, such as climate and gangs.		
HE.8.6B Investigate strategies for environmental control, such as emissions, water quality and waste management.		AHE.8B Formulate strategies for combating environmental factors that have a detrimental effect on the health of a community.
	HE.10B Analyze the impact of the availability of health services in the community and the world.	
	HE.10C Research and appraise a variety of community and world environmental protection programs.	AHE.8C Develop strategies for aiding in the implementation of a community environmental health plan.
HE.8.7A Compare the influence of positive and negative relationships and its affect on the health of the community, such as role models and peers.	HE.8A Evaluate positive and negative effects of various relationships on physical and emotional health such as peers, family, and friends.	
	HE.8B Explain the benefits of positive relationships among community health professionals in promoting a healthy community.	
HE.8.7B Discuss strategies for monitoring positive and negative relationships that influence health factors.		
		AHE.9A Relate socio-economic status to availability of health services within the community.
		AHE.9B Analyze health care costs of various health services in different countries.
HE.8.9A Evaluate personal health behaviors of past and present generations.		(9A) describe the roles of parents, grandparents, and other family members in promoting a healthy family
	HE.9A Categorize the roles of parents, grandparents, and other family members in promoting a healthy family.	
HE.8.9B Investigate characteristics that contribute to family health, such as choices to immunize.	HE.9B Analyze the dynamics of family roles and its impact relating to health behavior.	



Strand 3 – Influencing Factors		
Grade 8	Health Education	Advanced Health Education
		AHE.10A Research and/or participate in community health programs that benefit various populations such as volunteering for teen health lines and volunteering in nursing homes.
		AHE.10B Participate in a presentation to educate others about a variety of health issues such as panel discussions and role plays or skits to inform younger students about the dangers of drug use or smoking.
		AHE.11A Analyze how the cost, availability, and accessibility of health-care services affect the community.
	HE.11A Research school and community health services for individuals of all ages such as vision and hearing screenings and immunization programs.	
	HE.11B Compare and analyze the cost, availability, and accessibility of health services for people of all ages.	AHE.11B Evaluate how the selection of health care services, products, and information affects the community.
HE.8.8A Evaluate the role of the media, reporting health factors to the community.		AHE.12A Describe technological advances available in the community that treat health problems such as medical procedures at local hospitals for treating heart disease and cancer.
		AHE.12B Locate health care facilities at which members of the community can obtain medical care.
HE.8.8B Examine how programmers develop media to influence buying decision and consequences.		
	HE.12A Identify situations requiring professional health services for individuals of all ages such as primary, preventive, and emergency care.	
	HE.12B Explain how to access health services for individuals of all ages.	
HE.8.10A Investigate positive and negative peer pressure and the personal relationships.	HE.13A Demonstrate communication skills in building and maintaining healthy relationships.	AHE.13A Create and apply strategies for communicating emotions, needs, and wants.
HE.8.10B Describe the application of effective coping skills.	HE.13B Distinguish between a dating relationship and a marriage.	AHE.13B Demonstrate leadership skills for advocating positive health choices.
		AHE.13C Investigate and summarize current laws relating to unacceptable behaviors such as harassment, and sexual abuse/assault.



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	HE.13C Analyze behavior in a dating relationship that will enhance the dignity, respect, and responsibility relating to marriage.	
HE.8.10C Apply effective communication skills and the impact of ineffective communication.		
		AHE.13D Create strategies that promote the advantages of abstinence.
	HE.13D Evaluate the effectiveness of conflict resolution techniques in various situations.	
HE.8.10D Investigate and apply conflict resolution/mediation skills to personal situations.		
	HE.13E Demonstrate refusal strategies.	
	HE.13F Explore methods for addressing critical-health issues such as intentional/unintentional injuries, tobacco use, drugs and other substances, sexual activity, poor nutritional habits and lack of physical activity.	
HE.8.10E Evaluate the importance of social groups.	HE.13G Evaluate the dynamics of social groups.	
		AHE.14A Explain the standard for effective communication skills that demonstrate consideration and respect for self, family, and others.
	HE.14A Demonstrate strategies for communicating needs, wants, and emotions.	
HE.8.11A Apply techniques for responding to various forms of criticism.		
		AHE.14B Justify why effective communication leads to success in school and the workplace.
	HE.14B Examine the legal and ethical ramifications of unacceptable behaviors such as harassment, acquaintance rape, sexual abuse and violence.	
		AHE.14C Explain the detrimental effects of inconsiderate and disrespectful behavior.

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	HE.14C Communicate the importance of practicing abstinence to avoid high risk behaviors.	
HE.8.11B Judge strategies for coping with problems and stress.		
HE.8.11C Apply strategies that show respect for individual differences including age differences.		
		AHE.14D Develop a criteria for using passive, aggressive, and assertive communication in relationships
HE.8.11D Demonstrate methods of communicating emotions.		
		AHE.14E Analyze the importance of abstinence from sexual activity as the preferred choice of behavior in relationship to all sexual activity.
HE.8.11E Summarize the effect of stress on personal and family health.		
		AHE.14F Debate abstinence from sexual activity as the only method that is 100% effective in preventing pregnancy, sexually transmitted diseases, and the sexual transmission of HIV/AIDS, and the emotional trauma associated with adolescent sexual activity
HE.8.11F Summarize the relationships between emotions and stress.		
		AHE.15A Apply decision-making skills that promote healthy choices.
	HE.15A Apply communication skills that demonstrate consideration and respect for self, family, and others.	
	HE.15B Demonstrate empathy towards others.	
		AHE.15B Defend or disprove health-related information provided by parents and other adults.
	HE.15C Analyze and develop ways to show disapproval of inconsiderate and disrespectful behavior.	
		AHE.15C Determine how causal social interactions promote healthy relationships.
		AHE.16A Research information regarding family health history.

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Grade 8	Health Education	Advanced Health Education
	HE.16A Identify decision-making skills that promote individual, family, and community health.	
HE.8.12A Identify critical issues related to solving health problems.		
		AHE.16B Design materials to advocate family health.
HE.8.12B Describe practices and steps necessary for making health decisions.	HE.16B Summarize the advantages of seeking advice and feedback regarding the use of decision-making and problem-solving skills.	
		AHE.16C Research and evaluation health information for special populations.
	HE.16C Classify forms of communication such as passive, aggressive, or assertive.	
HE.8.12C. Discuss the risks and benefits of decision-making about personal health, such as an eating plan.		
HE.8.12D Discuss the consequences of refusal skills in risky situations.	HE.16D Associate risk-taking with consequences such as drinking and driving, sexual behavior, and caring a weapon.	
HE.8.12E Discuss the effects of peer pressure on decision making.		



Strand 4 – Personal & Interpersonal Skills		
Grade 8	Health Education	Advanced Health Education
HE.8.12F Construct a long-term plan for setting long-term personal and vocational goals.		
HE.8.12G Evaluate time-management skills plan, such as organizing study/homework schedules.		
	HE.17A Research and present information about a health concern.	
	HE.17B Integrate knowledge of health issues with personal and family health concerns.	
	HE.17C Develop strategies to evaluate information relating to a variety of critical health issues.	

