

**Health**

**CANTON PUBLIC SCHOOLS 6-8 SCOPE AND SEQUENCE**

Topics																					
Standard	Mental Health			Tobacco, Alcohol & Other Drugs			Personal Health & Wellness			Puberty & Human Reproduction			Nutrition			Bullying & Violence Prevention			Relationships & Communication		
	6	7	8	6	7	8	6	7	8	6	7	8	6	7	8	6	7	8	6	7	8
1	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓		✓	✓		✓	✓	✓
2	✓	✓	✓	✓	✓	✓	✓			✓		✓		✓		✓	✓	✓	✓		✓
3	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓			✓				✓
4	✓	✓	✓	✓		✓	✓			✓		✓		✓		✓	✓		✓	✓	✓
5	✓			✓	✓	✓			✓	✓	✓	✓		✓		✓	✓	✓	✓	✓	
6	✓				✓		✓		✓	✓	✓		✓	✓							
7	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓		✓	✓		✓	✓	✓
8	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓		✓	✓		✓	✓	✓

**Standard 1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

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**Standard 8:** Students will demonstrate the ability to advocate for personal, family, and community health.

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# Student Class Organizer: 8th Grade Health

**Essential Questions: To what extent does Wellness have an impact on my quality of life?  
How do my choices and actions impact my overall Wellness? How do I achieve overall Wellness?**

## Standards

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## Relevance

The units and topics covered in this class, as well as the skills learned and practiced, will prepare students to become advocates, leaders, and positive role models in their community. The learned information and skills will allow students to achieve overall wellness and positively impact their own life.

## Units in this class

- Reproductive Health
- Lifelong Fitness & Healthy Habits
- Mental Health & Suicide Prevention
- Drugs & Decision Making

## What Critical Life Skills Will I learn?

Decision Making  
Advocacy  
Analysis of influences  
Goal setting  
Accessing information  
Conflict Resolution  
Self Management

## How Will I Be Assessed?

- Projects
- Participation
- In-class assignments
- Demonstration of skills

# 8th Grade Health Unit - Reproductive Health

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## Topics in this Unit

- Human Reproduction & Anatomy
- STDs & Prevention
- Consent & Healthy Relationships

## Objectives for Each Topic

### Human Reproduction & Anatomy

- Students identify anatomy and physiology of the reproductive system
- Students will examine health enhancing behaviors in order to maintain reproductive health

### STDs & Prevention

- Students will be able to identify various the symptoms, transmission, and characteristics of various STDs
- Students will examine STD prevention and identify prevention methods

### Consent & Healthy Relationships

- Students will be able to compare and contrast characteristics of healthy vs. unhealthy relationships
- students will demonstrate communication skills and strategies to support healthy relationships and respect boundaries of self and others

## What Critical Life Skills Will I learn?

Decision Making

Advocacy

Analysis of influences

Goal setting

Accessing information

Conflict Resolution

Self Management

# 8th Grade Health Unit - Lifelong Fitness & Healthy Habits

**Essential Questions: To what extent does Wellness have an impact on my quality of life?**

**How do my choices and actions impact my overall Wellness? How do I achieve overall Wellness?**

## Standards

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## Topics in this Unit

- Lifelong Fitness
- Healthy Habits

## Objectives for Each Topic

### Lifelong Fitness

- Students will identify and practice various ways to incorporate physical activity into their lifestyle outside of school
- Students will identify functional fitness activities to promote long-term wellness

### Healthy Habits

- Students will analyze current wellness trends, habits, and influences
- Students will set goals to improve and build wellness habits
- Students will understand the correlation of various health aspects and their effects on overall wellness

## What Critical Life Skills Will I learn?

Decision Making

Advocacy

Analysis of influences

Goal setting

Accessing information

Conflict Resolution

Self Management

# 8th Grade Health Unit - Mental Health & Suicide Prevention

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## Topics in this Unit

- Mental Health Awareness
- Depression & Suicide Prevention

## Objectives for Each Topic

### Mental Health Awareness

- Students will be able to define the word stigma and practice strategies for breaking the stigma of mental health
- Students will be able to identify various common mental illnesses and will understand possible impacts, treatments, and resources

### Depression & Suicide Prevention

- Students will complete the Boston Children's Hospital depression and suicide prevention curriculum, "Break Free from Depression"
- Students will gain knowledge to identify risk and protective factors, symptoms, warning signs, and available resources and treatment options
- Students will learn and demonstrate various strategies to be a supportive peer and mental health advocate

### What Critical Life Skills Will I learn?

Decision Making	Advocacy
Analysis of influences	Goal setting
Accessing information	Conflict Resolution
Self Management	

# 8th Grade Health Unit - Drugs & Decision Making

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## Objectives for Each Topic

### Illegal & Prescription Drugs

- Students will identify different drugs and drug categories based on effect on the brain and body
- Students will analyze current drug trends and issues facing teens

### Addiction & The Developing Brain

- Students will learn about the science behind Substance Use Disorder as a disease
- Students will analyze risk and protective factors and resources
- Students will understand the developing brain and will recognize a variety of ways drugs interfere with brain development

### Decision Making

- Students will practice the DECIDE model of decision making
- Students will analyze values, influences, and outcomes involved in the decision making process.

## Topics in this Unit

- Illegal & Prescription Drugs
- Addiction & The Developing Brain
- Decision Making

## What Critical Life Skills Will I learn?

Decision Making

Advocacy

Analysis of influences

Goal setting

Accessing information

Conflict Resolution

Self Management