

		Grade 6	Grade 7	Grade 8
<p>Physical Health</p> <p>The student will demonstrate knowledge and skills to make healthy decisions that reduce health risks and enhance health of oneself and others.</p>	<p>Body Systems</p> <p>Examine the structure, function, and relationships of body systems and their relevance to personal health.</p>	<ul style="list-style-type: none"> Identify and describe the major structures of the renal and urinary systems. Identify ways to promote renal health. 	<ul style="list-style-type: none"> Identify and describe the major structures and functions of the circulatory system. Describe ways to keep the circulatory system healthy. 	<ul style="list-style-type: none"> Identify the major structures and functions of the brain and nervous system. Describe ways to maintain brain and nervous system health.
	<p>Nutrition</p> <p>Identify and explain healthy eating strategies for enhancing and maintaining personal health.</p>	<ul style="list-style-type: none"> Compare the Recommended Daily Allowance (RDA) of macronutrients for adolescent males and females and analyze the benefits of following recommended daily allowances. Explain ingredients in foods that may cause an allergic reaction and promote the understanding of the impact of food allergies on individuals. 	<ul style="list-style-type: none"> Describe the value of nutrient-dense foods and the benefits of eating foods to meet recommendations for iron, calcium, potassium, vitamin D, and dietary fiber. Analyze the effects of nutrition on daily performance. Identify and use a decision-making process to evaluate daily food intake and nutritional requirements. Explain how allergens can cause an allergic reaction, discuss the concept of an allergen-free zone. 	<ul style="list-style-type: none"> Determine nutrients needed for proper brain function. Examine the health risks of food contaminants during food preparation and storage, describe food safety techniques. Identify the nutritional impact of disordered eating and promote resources for help and assistance with disordered eating. Compare the health benefits, risks, and accuracy of claims associated with trending diets, dietary supplements, and popular beverages. Analyze the impact of society on eating habits.
	<p>Physical Health</p> <p>Obtain, process, and understand basic physical activity and nutrition information needed to make health promoting decisions.</p>	<ul style="list-style-type: none"> Describe causes of heart disease, cancer, and diabetes and identify strategies to prevent these conditions. Identify and describe influences on personal health choices. 	<ul style="list-style-type: none"> Analyze a variety of media tactics used to persuade consumers regarding physical activity, nutrition, sleep, or other areas of personal health. Identify and describe the impact of immunizations and vaccines to prevent communicable diseases. 	<ul style="list-style-type: none"> Evaluate the physical, mental, and social health benefits of physical activity assessing the health risks of a sedentary lifestyle.
<p>Mental Health and Wellness</p> <p>The student will apply strategies to develop socio-emotional health, self-regulation, and healthy relationships.</p>	<p>Mental Wellness/Social and Emotional Skills</p> <p>Identify and apply strategies to develop socio-emotional health, self-regulation, and healthy relationships.</p>	<ul style="list-style-type: none"> Define mental health and describe what it means to be mentally healthy. Explain the importance of personal boundaries and practice ways to communicate and respect personal boundaries. Create a plan to manage stress and criticism. 	<ul style="list-style-type: none"> Define disordered eating, describe types of eating disorders, as well as their warning signs, risk factors, and protective factors Identify school and community resources for help and support with eating disorders Define depression and describe the warning signs, risk factors, 	<ul style="list-style-type: none"> Identify factors that can influence mental health. Describe careers associated with mental health care. Describe the warning signs, risk factors, and protective factors for self-harm behaviors. Identify, recognize, and promote family, school, and community

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		<ul style="list-style-type: none"> • Explain the importance of understanding the feelings and perspectives of others and demonstrate ways to show respect for individual differences, opinions, and beliefs. • Describe how culture, media, and other external factors influence perceptions about body image. • Define personal strengths and areas for growth, set and monitor a personal goal to address one area. 	<p>and protective factors for anxiety and depression.</p> <ul style="list-style-type: none"> • Identify the body’s physical and psychological responses to stress. • Analyze and explain the benefits of emotional flexibility, stress management, and stress-reduction and develop strategies for coping with disappointment, stress, anxiety, anger, and adversity. 	<p>resources for helping oneself and others with mental health needs.</p> <ul style="list-style-type: none"> • Explain and demonstrate the importance of developing relationships that are positive, safe, and respectful.
<p>Safety and Prevention The student will describe ways to prevent common childhood injuries and health problems.</p>	<p>Disease Prevention/Health Promotion</p> <p>Understand health literacy, preventative health behaviors, and how to access and evaluate health care information to make informed decisions.</p>	<ul style="list-style-type: none"> • Evaluate the impact of sleep and rest on physical, social, and emotional health and on cognitive performance. • Explain the impact of weather- or climate-related physical conditions on individuals and describe ways to prevent these conditions. 	<ul style="list-style-type: none"> • Describe how the school and community can impact personal health practices and behaviors (e.g. available services, recreation, etc.) • Define public health and identify government agencies and community services that provide consumer protections for health products and services. 	<ul style="list-style-type: none"> • Explain the difference between rest, sleep, sleep deprivation, and sleep debt. • Create Specific, Memorable, Attainable, Relevant, and Timely (S.M.A.R.T.) goals to get optimal sleep. • Identify environmental and personal factors that influence the degree of disease risk.
	<p>Safety/Injury Prevention</p> <p>Identify and demonstrate safety and first aid knowledge to prevent and treat injuries.</p>	<ul style="list-style-type: none"> • Identify strategies to prevent injuries during various activities. • Describe and demonstrate basic first aid and emergency procedures for common injuries. • Use decision a decision-making process to determine when medical assistance is needed. • Explain the need for school safety drills exploring potential consequences of following and not following safety protocols. 	<ul style="list-style-type: none"> • Explain the need for school safety drills exploring potential consequences of following and not following safety protocols. 	<ul style="list-style-type: none"> • Identify risky behaviors and the role of decision making associated with Internet use, online gaming, and social media. • Describe how to assess levels of stress based on physical and psychological responses and practice and promote stress-management skills.
	<p>Violence Prevention</p> <p>Understand the impact of interpersonal violence and the importance of seeking guidance and help to maintain personal safety.</p>	<ul style="list-style-type: none"> • Analyze the role of emotions and media influences on conflict and violence. • Describe the possible effects of bullying and cyberbullying. • Explain the importance of family, peers, community, and the media on preventing bullying and cyberbullying. 	<ul style="list-style-type: none"> • Identify the characteristics of healthy interpersonal relationships emphasizing empathy, compassion, and acceptance of others. • Describe situations that can cause a range of emotions and feelings, and describe how to recognize these emotions. 	<ul style="list-style-type: none"> • Differentiate between bullying behaviors, arguments, peer conflict, harassment, teasing, taunting, and joking situations. • Explain the effects of bullying on individuals. • Recommend and demonstrate strategies to develop positive relationships.

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			<ul style="list-style-type: none"> • Develop strategies to identify, express, and cope with disappointment, stress, anxiety, anger, and adversity. • Demonstrate healthy verbal, nonverbal, written, and visual communication. 	
	<p>Substance Abuse Prevention</p> <p>Understand the difference between use and misuse of different substances and their impact on health.</p>	<ul style="list-style-type: none"> • Differentiate between proper use and misuse of prescription and nonprescription medications, describe where to access accurate information about the use of medication. • Define addiction and substance abuse and describe their characteristics. • Differentiate between legal and illegal drugs and describe the dangers illegal in the community and nation. • Identify the benefits of a smoke and tobacco/nicotine-free environment. • Identify mental and health professionals and explain their role in preventing the use/abuse of illegal drugs, alcohol, tobacco, and inhalants. 	<ul style="list-style-type: none"> • Define prescriptions, controlled substances, nicotine vaping products, hemp, and marijuana-derived cannabidiol (CBD) products. • Explain the link between addiction to alcohol, tobacco, and other drugs; chronic disease; and engaging in risky behaviors. • Explain the purpose of the Food and Drug Administration (FDA), and differentiate between FDA-approved and non-FDA-approved substance. • Identify types of advertising techniques used in a variety of media, including social media that may influence adolescents' decisions concerning alcohol, tobacco and nicotine products, and other drugs. • Identify and demonstrate strategies and skills for avoiding alcohol, tobacco, inhalants, and other harmful substances (e.g., effective refusal skills). 	<ul style="list-style-type: none"> • Describe the short- and long-term health issues and effects on the brain, relationships, and behavior related to the use of alcohol, tobacco, nicotine products, and other drugs. • Analyze the social, economic, and family and peer pressure influences on the use of tobacco, nicotine products (e.g., e-cigarettes), alcohol, marijuana, and other drugs. • Express positive norms regarding why most teenagers do not use alcohol, tobacco, prescription opioids, or other drugs (e.g., do not think use and abuse are acceptable or appropriate).
	<p>Community/ Environmental Health</p> <p>Describe ways in which safe and healthy school and community environments can promote personal health.</p>	<ul style="list-style-type: none"> • Explain the role of the Environmental Protection Agency (EPA), local agencies, and all individuals in protecting and preserving the environment. • Assess environmental health and safety issues in the community. • Develop a plan to work collaboratively others to address one of these issues. 	<ul style="list-style-type: none"> • Describe human behaviors that contribute to air, water, soil, and noise pollution. • Explain how environmental health is essential to personal and community health. • Demonstrate ways to conserve and promote the conservation of natural resources. 	<ul style="list-style-type: none"> • Define and describe renewable resources and sustainable energy. • Explain how humans and the environment are interdependent. • Analyze opportunities for community service and advocacy for policies that promote environmental health.