

Grade 6	Grade 7	Grade 8
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**Physical Health Strand**

Growth and Development		identify stages of human life cycle (prenatal to late adult)
		Explain function of human body systems
		Describe influence of health habits on growth and development
		Apply skills to increase performance functioning of body systems (nutrition, rest, etc.)
		ADDITIONAL identify physiology of adolescent brain

Physical Activity and Fitness	Participate in activities that promote fitness and relieve mental and emotional tension	
	Explain the benefits of making positive health decisions	

Nutrition	List functions of key nutrients and describe help to prevent disease, etc.	
	Describe healthy diet and adequate physical activity	
	Describe components of nutrition label and how to make informed decisions	
	Analyze dietary and intake patterns	
		Identify the behavior and avenues of support for people with disordered eating behaviors or eating disorders

Reproduction/Sexuality	Recognize the emotional and physical changes as related to the reproductive system during puberty	Explain the benefits of abstinence, postponing sexual behavior, and setting limits on sexual behavior
		Describes the short and long term consequences of sexuality-related risk behaviors and identify barriers and supports for making health-enhancing decisions
		Describe behaviors and methods for pregnancy prevention including abstinence
		Define the types of sexually transmitted infections including HIV/AIDS and how they are prevented
		Identify sexual discrimination and harassment

**Social and Emotional Health Strand**

Mental Health	Identify and describe the experience of different feelings (such as elation, joy, grief and rage) and how feelings affect daily	
	Identify the causes and effects of depression and how to seek help	
	Describe the relationship among physical appearance, changes in the body and self-concept and esteem	
	Describe the contribution of a personal support system to good mental health	

Family Life		
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Interpersonal Relationship	Explain how peer pressure influences choices and apply strategies for managing negative peer pressure and encouraging	
	Recognize the positive contribution of character traits (tolerance, honesty, self-discipline, respectfulness, kindness) to	
		Describe the purpose of dating and acceptable dating attitudes such as respect and appropriate conduct
		Explain the benefits of abstinence, postponing sexual behavior and setting limits on sexual behavior

## Safety and Prevention Strand

Disease Prevention and Control	Identify ways individual can reduce risk factors related to communicable and chronic diseases
	Describe the importance of early detection in preventing the progression of disease
	Explain the need to follow prescribed health care procedures given by parents and health care providers
	Discuss how cleanliness and good grooming show consideration for self and others and ways to promote cleanliness
	Describe the relationship between overexposure to the sun and skin cancer
	Describe the influence that rest has on physical functioning, personal requirements for sleep, and methods for getting
	Explain how the immune system functions to prevent and combat disease
	Identify positive health behaviors that reduce the risk of disease
	Learn how to use effective self-examination procedures and at what age they become necessary
	Demonstrate how to discuss procedures and test results with health care providers
	Describe the leading causes of death for different age groups, symptoms of common disease among youth, the importance
	Analyze the interaction between genes and disease
	Explain the prevention and control of common communicable infestations, diseases and infections
Safety and Injury Prevention	Describe actions and behaviors to protect oneself or others (first aid, rescue breathing)
	Recognize sexual abuse and how to get help

Tobacco, Alcohol and Substance	Describe addictions to alcohol, tobacco and other drugs and methods for intervention, treatment and cessation
	List the potential outcomes of prevalent early and late adolescent risk behaviors related to tobacco, alcohol and other drugs
	Identify internal factors (such as character) and external factors (such as family, peers, community, faith based affiliation and
	Demonstrate ways of refusing and of sharing preventative health information about tobacco, alcohol and other drugs with

Violence Prevention	Identify the social and emotional consequences of harassment
	Define intolerance and explain how it can contribute to violence
	Describe the power of the individual in reducing violence and identify situations where individuals can become active about
	Demonstrate effective communication, negotiation, and conflict resolution for resolving potentially violent conflicts
	Explain the signs of abuse in relationships including emotional abuse and physical assault and identify available resources

## Personal and Community Health Information Strand

- Consumer Health and Resource Management
- Ecological Health
- Community and Public Health

## Computing and Society

Safety and Security	Describe how cyberbullying can be prevented and managed
	Explain the connection between the persistence of data on the Internet, online identity and privacy
	Describe and use safe and appropriate practices when participating in online communities (e.g. discussion groups, blogs and social networking sites)
	Discriminate between appropriate and inappropriate content on the Internet
Ethics and Laws	Explain how copyright law and licensing protect the own of intellectual property
	Explain possible consequences of violating intellectual property law
	Apply fair use for using copyrighted materials (e.g. images, music, video, text)
	Identify the legal consequences of cyberbullying/harassment in social computing
	Demonstrate compliance with the school's AUP
Interpersonal and Societal Impact	Evaluate how media and technology can be used to distort, exaggerate and misrepresent information
	Evaluate the bias of digital information sources, including websites