

## Rocky Hill Public Schools

### CURRICULUM GUIDE FOR PARENTS FOR EIGHTH GRADE HEALTH

The purposes of this document are as follows:

***To inform parents of the general nature and key concepts covered in this class.***

***To act as a guide to parents in providing supportive assistance to a child's school program.***

#### **COURSE DESCRIPTION**

In seventh grade, students are introduced to a number of social, emotional and physical health topics.

Content includes

- Self-Esteem
- Bullying
- Decision Making
- Alcohol
- Vaping
- Substance Abuse Prevention (marijuana, cocaine, heroin, prescription drugs, ecstasy, crystal meth, club drugs)
- Mental Health Issues (anxiety disorders, mood disorders)
- Depression
- Suicide and Prevention
- Growth and Development Review (puberty, male and female anatomy, fetal growth and development)
- Communicable Diseases (viral, bacterial, fungal)
- HIV/AIDS (modes of transmission, myths and facts)
- Sexually Transmitted Diseases (viral, bacterial, parasite)

**Health education** is a critical component of a student's well rounded education. The grade eight health curriculum provides students with a foundation for a lifetime of health, wellness and character development. The grade eight health curriculum focuses on the following areas: Social and emotional health, substance abuse and growth and development.

**Social/Emotional Health:** Students will demonstrate ways to communicate care, empathy, respect and responsibility for others. Students will learn the importance of kindness, respect for differences and empathy.

**Substance Abuse:** Students will understand the short and long term consequences of vaping and alcohol. Students will learn about other drugs in society, how they impact the physical and social well being of a person and the possibility of addiction to these drugs (marijuana, cocaine, heroin, prescription drugs, opioids, ecstasy and rohypnol). Students will analyze how media, technology and other factors influence personal health behaviors.

**Growth and Development:** Students will learn about the changes that occur to both males and females during puberty. Students will learn how pregnancy occurs as well as the life cycle of a fetus. Students will identify and discuss causes, modes of transmission, symptoms and prevention methods of communicable and non-communicable diseases (e.g. HIV/AIDS, COVID, heart disease, cancer, STD/STI). Students will explore the benefits and risks of vaccines in the prevention of communicable diseases.