

Prevention & Awareness for Total Health

8th Grade Overview

BULLYING UNIT

LESSON 1: RECOGNIZING BULLYING

OBJECTIVES:

- Define bullying.
- Identify means of preventing bullying.
- Identify and explain appropriate responses if experiencing bullying.
- Determine what to do if witnessing bullying situations.

ESSENTIAL QUESTION:

What is the best way to respond to a bully?

PREVENTION FOCUS(ES):

- Bullying & Cyberbullying
- Mental Health/Suicide

LESSON 2: CYBERBULLYING: THE NEW BATHROOM WALL

OBJECTIVES:

- Distinguish between examples of what is or is not cyberbullying.
- Identify means of preventing cyberbullying.
- Identify and explain appropriate responses if experiencing cyberbullying.
- Determine what to do if witnessing cyberbullying.

ESSENTIAL QUESTION:

What is cyberbullying, and what can you do to help eliminate it?

PREVENTION FOCUS(ES):

- Bullying & Cyberbullying
- Mental Health/Suicide

LESSON 3: TRAINING YOUR BRAIN TO BE COMPASSIONATE

OBJECTIVES:

- Reflect on the meaning of compassion.
- Understand that we have the power to change our brains.
- Engage in activities found to expand the brain's compassion.

ESSENTIAL QUESTION:

How can I become more compassionate towards others?

PREVENTION FOCUS(ES):

- Bullying & Cyberbullying

ABUSE UNIT

LESSON 1: TYPES OF ABUSE

OBJECTIVES:

- Define 4 types of abuse.
- Identify examples of 4 types of abuse.
- State referral process for when abuse is suspected.

ESSENTIAL QUESTION:

What are the different types of abuse and how can you help someone facing abuse?

PREVENTION FOCUS(ES):

- Abuse of All Types
- Mental Health/Suicide

LESSON 2: VARIED EFFECTS OF ABUSE

OBJECTIVES:

- Recognize signs of abuse.
- Analyze possible causes of abuse.
- Describe some of the varied effects of abuse.

ESSENTIAL QUESTION:

How do individuals cope with the effects of abuse?

PREVENTION FOCUS(ES):

- Abuse of All Types
- Mental Health/Suicide

LESSON 3: CREATING HEALTHY RELATIONSHIPS

OBJECTIVES:

- Recognize key components of healthy and unhealthy relationships.
- Illustrate a characteristic of healthy or unhealthy relationships.
- Explain how healthy relationships are connected to abuse.

ESSENTIAL QUESTION:

What are the key components of a healthy relationship?

PREVENTION FOCUS(ES):

- Abuse of All Types
- Bullying & Cyberbullying
- Mental Health/Suicide

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SUBSTANCE USE UNIT

LESSON 1: PEER PRESSURE

OBJECTIVES:

- Discuss reasons teens begin using alcohol, tobacco, and other drugs.
- Explain when and where peer pressure may occur.
- Identify various refusal skills to apply in future situations.
- List the pros and cons of refusing to use (ATOD) alcohol, tobacco, and other drugs.

ESSENTIAL QUESTION:

What are some of the benefits of resisting peer pressure to use drugs, alcohol, and tobacco/vape devices?

PREVENTION FOCUS(ES):

- Drugs, Alcohol & Tobacco

LESSON 2: SPOTLIGHT: ALCOHOL & VAPING

OBJECTIVES:

- Identify and share the dangers of e-cigarette and vape use.
- Share their perceptions of the dangers of alcohol use.
- Explain how vapes, alcohol, and drug use would affect them individually.

ESSENTIAL QUESTION:

How can substances such as drugs, alcohol, and vape contents affect me?

PREVENTION FOCUS(ES):

- Drugs, Alcohol & Tobacco
- Mental Health/Suicide

LESSON 3: ADDICTION

OBJECTIVES:

- Define abuse, dependence, and addiction.
- Explain how substance addiction affects different parts of the brain.
- Discuss how addiction affects all aspects of that person's life.
- List ways to get help for themselves or for someone else struggling with addiction.

ESSENTIAL QUESTION:

How can you help someone dealing with drug use or dependency?

PREVENTION FOCUS(ES):

- Drugs, Alcohol & Tobacco
- Mental Health/Suicide

SELF-HARM & SUICIDE UNIT

LESSON 1: MENTAL HEALTH: HOW WE THINK, FEEL & ACT

OBJECTIVES:

- Define the term mental health and recognize its application to every person.
- Explain the differences between stress, anxiety, and depression.
- Recognize ways to identify when we are experiencing stress, anxiety, or depression, and develop strategies to help ourselves or get help from others.

ESSENTIAL QUESTION:

How do stress, anxiety, and depression affect your mental health?

PREVENTION FOCUS(ES):

- Bullying & Cyberbullying
- Mental Health/Suicide

LESSON 2: NONSPECIFIC SELF-INJURY

OBJECTIVES:

- Define self-injury.
- Recognize various methods of self-injury.
- Understand contributing factors influencing self-injury behaviors.
- Recognize warning signs of self-injury.
- Learn alternative coping strategies to self-injury behaviors.

ESSENTIAL QUESTION:

Why do people self-harm, and what are better coping strategies for handling painful emotions?

PREVENTION FOCUS(ES):

- Mental Health/Suicide

LESSON 3: SUICIDE: THE PERMANENT DECISION

OBJECTIVES:

- Identify warning signs of suicide.
- Recognize and debunk myths of suicide with facts.
- Create a plan for what to do if you or someone else is contemplating suicide.

ESSENTIAL QUESTION:

What are the warning signs of suicidal thoughts and how can we help?

PREVENTION FOCUS(ES):

- Abuse of All Types
- Drugs, Alcohol & Tobacco
- Mental Health/Suicide