Florence School District Five

Johnsonville Middle School

Grades 6-8

Comprehensive Health Instructional Pacing Guide

South Carolina Standards for Health and Safety Education (2017)

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Purpose

South Carolina Standards for Health and Safety Education was developed to set rigorous expectations for student learning and academic performance in health and safety education in South Carolina. The standards define what students should know and be able to do in the content area of health and safety education and provide the foundation for the development of health and safety education curricula at the district level.

Key Concepts

Abbreviation	Key Concept
D	Alcohol, Tobacco, and Other Drugs
G	Growth, Development, and Sexual Health and Responsibility
I	Injury Prevention and Safety
M	Mental, Emotional, and Social Health
N	Nutrition and Physical Activity
P	Personal and Community Health

Breakdown of Grade Level Hours

Comprehensive Health Instruction

All physical education classes at Johnsonville Middle School

• Students in grades 6-8 will receive 60 minutes of comprehensive health instruction one day a week in their physical education period. Each student takes PE for a nine week-period. Therefore, these students receive nine hours of health instruction during the school year through their PE class.

Grade 6

Total Hours Needed- 45 hours of Comprehensive Health Instruction Required

• 9 hours completed in physical education class in a nine-week period.

• 16 additional hours of Comprehensive Health Instruction will be from the Guidance Counselor (consisting of bullying, Erin's Law, Hygiene, self-confidence, etc.)

• The sixth-grade science teacher will be required to teach health the last nine-weeks of school to all sixth-grade students after science state testing. This instruction will consist of the last ten days of school in May plus ten additional hours covered throughout the grade year in ELA. (45-9 PE hours -16 Guidance Counselor hours-10 hours by ELA teacher and 10 hours to be addressed by 6th grade science teacher.) The sixth-grade science teacher, PE teacher, ELA, and Guidance Counselor will coordinate on a Scope and Sequence for Comprehensive Health Education for all sixth-grade students.

Grade 7

Total Hours Needed- 37.5 hours of Comprehensive Health Instruction Required.

• 9 hours completed in Physical Education class in a nine-week period.

• All 7th graders will receive comprehensive health education the last nine-weeks of school in their science class, along with the school counselor. (28 hours and 30 minutes)

Grade 8

Total Hours Needed-37.5 hours of Comprehensive Health Instruction Required

• 9 hours completed in Physical Education class in a nine-week period

• All 8th graders will receive comprehensive health education the last nine-weeks of school in their science class, along with the school counselor. (28 hours and 30 minutes)

6th Grade

Standard	Resource(s)/ Materials	Instruction by (C) Counselor, (T) Classroom Teacher, (P) PE Teacher
Standard 1: "Students will comprehend concepts related to health promotion and disease prevention to enhance health" (NHES, 2007).		
D-6.1.1 Identify reasons why individuals use and abuse alcohol, tobacco, and other drugs (ATOD).	-Drug Awareness Week -Classroom Activities -Assemblies	C
D-6.1.2 Describe short and long-term effects and consequences of ATOD use, including secondhand smoke.	-Drug Awareness Week -Classroom Activities -Assemblies	C
D-6.1.3 Discuss the risks associated with over-the-counter and prescription drugs.	-Drug Awareness Week -Classroom Activities -Assemblies	C
G-6.1.1 Explain how family roles, rules, and responsibilities change over time.	-Health Lesson -Inclusion in PE Activities	P
G-6.1.2 Describe how the endocrine system affects growth and development.	-Internet Articles -Textbook -Online Materials	T
G-6.1.3 Identify the structures and functions of the male and female reproductive systems.	-Internet Articles -Textbook -Online Materials	T
G-6.1.4 Explain why abstinence is the most effective means of protecting reproductive health.		C
G-6.1.5 Describe the scientific process of fertilization.		C

G-6.1.6 Describe the signs and symptoms of pregnancy.		C
G-6.1.7 Identify reproductive problems found in males and females.	-Classroom Lessons -Scenarios	C
G-6.1.8 Define the terms sexually transmitted infections and diseases (STIs/STDs) and human immunodeficiency virus (HIV).	-Classroom Lessons -Texts	C
G-6.1.9 Discuss South Carolina laws relating to the sexual conduct of minors, including criminal sexual conduct through the use of technology.	-Health Lesson -Various PE Activities	C, P
I-6.1.1 Describe ways to reduce and prevent injuries (e.g., helmets, mouth guards, safety equipment, seat belts, water-safety devices).	-Health Lesson -Various PE Activities	P
I-6.1.2 Examine issues surrounding violence and discuss strategies for violence prevention.	-Discussions, Classroom -Health Lesson -Various PE Activities	C, P
I-6.1.3 Describe situations that constitute bullying, cyberbullying, sexual harassment, sexual abuse, sexual assault, rape, domestic violence, and dating violence.	-Classroom Lessons -Scenarios	C
I-6.1.4 Discuss ways sexting violates personal boundaries.	-Classroom Lessons -Scenarios	C
M-6.1.1 Discuss the importance of a positive self-concept.	-Health Lesson -Various PE Activities	C, P
M-6.1.2 Define the term resiliency.	-Health Lesson -Various PE Activities	C, P

M-6.1.3 Examine grief and ways to deal with loss.	-Health Lesson -Various PE Activities -Provide Ways/Coping Strategies	C, P
M-6.1.4 Review decision making models.	-Health Lesson -Various PE Activities	P
M-6.1.5 Identify the risk of self-harm.	-Classroom Lessons -Scenarios	C
N-6.1.1 Describe the benefits of healthy eating in relation to disease prevention (e.g., preventing cancer; controlling diabetes; reducing the incidence of heart disease; reducing tooth decay).	-Health Lesson	P
N-6.1.2 Define the term disordered eating.	-Health Lesson	P
N-6.1.3 Explain how the body uses the six essential nutrients. bathing; using deodorant; brushing and flossing teeth; grooming hair).	-Health Lesson -Various PE Activities -Classroom Discussions	C, P
N-6.1.4 Differentiate between unhealthy and healthy foods, snacks, and beverages.	- Health Lesson	P
N-6.1.5 Investigate the nutrition information on food labels to compare products.	-Health Lesson -Various PE Activities	P
N-6.1.6 Describe the interrelationship among diet, physical activity level, and body weight.	-Health Lesson -PE Activities -Explain Moderate/Vigorous Physical Activity	P
N-6.1.7 Examine food intake and physical activity in relation to the current federal Dietary Guidelines for Americans.	-Health Lesson -PE Activities	P
P-6.1.1 Compare strategies for reducing risks of chronic and communicable diseases.	-Health Lessons -PE Activities	P

P-6.1.2 Give examples of personal hygiene practices (e.g., bathing; using deodorant; brushing and flossing teeth; grooming hair).	-Classroom Activities -Assemblies	C
P-6.1.3 Describe ways a dentist helps to keep teeth and gums healthy.	-Classroom Activities -Handouts	C, P
P-6.1.4 Define what it means to be a blood donor.	-Health Lesson	P
Standard 2: "Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors" (NHES, 2007).		
D-6.2.1 Analyze the influence of family and peers on a person's ATOD use.	-Drug Awareness Week -Classroom Activities -Assemblies	C
G-6.2.1 Describe the influence of families and peers on a person's body image.	-Conflict Resolution Lessons/ Strategies -Handouts -Scenarios	C
I-6.2.1 Give examples of the threat of gangs or other violent behaviors to personal safety.	-Health Lesson -Classroom Activities -Assemblies/Speaker	C, P
M-6.2.1 Compare ways that family and peers influence the mental, emotional, and social health of adolescents.	-Internet Research/Articles -Drug Awareness Week	C
M-6.2.2 Examine the interrelationship among mental, emotional, social, and physical health in adolescence.	-Health Lesson -Various PE Activities	C, P
P-6.2.1 Compare ways that peers and the media influence healthy and unhealthy behaviors.	-Classroom Lessons (Yearly) -Drug Awareness -Personal Health & Wellness	C
Standard 3: "Students will demonstrate the ability to access valid information, products, and		

services to enhance health" (NHES, 2007).		
D-6.3.1 Discuss how to identify sources of help for someone who abuses ATOD.	-Drug Awareness Week	C
G-6.3.1 Demonstrate the ability to access appropriate resources for dealing with bullying, cyberbullying, sexual harassment, sexual abuse, sexual assault, rape, domestic violence, and dating violence.	-Lessons on Bullying -Bully-Free Activities/Scenarios	C, T
M-6.3.1 Demonstrate the ability to locate appropriate health information and services for dealing with mental health issues within the community.	-Health Lessons -PE Lessons/Activities	C, P
N-6.3.1 Access valid information on healthy eating and physical activity.	-Internet Research/Articles -Textbook -Health & Wellness	P
P-6.3.1 Discuss how to determine whether health information, products, and services are valid.	-Health Lesson -PE Lesson/Activities	P
Standard 4: "Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks" (NHES, 2007).		
D-6.4.1 Utilize refusal skills to avoid ATOD use and to reduce risk behaviors.	-Drug Awareness Week -Classroom Activities -Assemblies	C
D-6.4.2 Determine how to lessen the likelihood of being involved in risk behaviors.	-Drug Awareness Week -Classroom Activities (Bullying) -Conflict Resolution Lessons	C, T
G-6.4.1 Demonstrate effective verbal and nonverbal communication skills to promote healthy	-Drug Awareness Week -Classroom Activities (Bullying) -Conflict Resolution Lessons	C, T

parent, family, and peer relationships.		
G-6.4.2 Demonstrate ways to communicate with parents, family members, or other safe adults about bullying, cyberbullying, sexual harassment, sexual abuse, sexual assault, rape, sexual abuse, sexual assault, domestic violence, and dating violence.	-Health Lessons -PE Activities -Classroom Lessons (Bullying/ Abuse)	C, P, T
I-6.4.1 Explain that no one has the right to touch anyone else in a sexual or physical manner if they do not want to be touched.	-Classroom Lessons	C
M-6.4.1 Discuss healthy ways to express feelings and relieve stress.	-Classroom Lessons -Health Lesson	C, P
M-6.4.2 Demonstrate effective ways to communicate personal boundaries and show respect for the boundaries of others.	-Conflict Resolution Lessons -Safe Practices	C, T
Standard 5: "Students will demonstrate the ability to use decision-making skills to enhance health" (NHES, 2007).		
G-6.5.1 Demonstrate effective ways to communicate personal boundaries and show respect for the boundaries of others, including those related to sexual activity and abstinence.	- Classroom Activities/Discussion	C
G-6.5.2 Identify steps in a decision-making process that promotes abstinence and avoids risk behaviors.		C
I-6.5.1 Describe the advantages and disadvantages of communicating using technology and social media, including the use of the internet.	-Classroom Lessons	T

M-6.5.1 Discuss when it is important to seek information, support, and assistance regarding mental, emotional, and social health.	-Health Lessons (Personal Health & Safety) -Mental, Emotional & Social Health	T, P
P-6.5.1 Identify circumstances that can help or hinder healthy decision making.	-Health Lessons (Personal Health & Safety)	P
Standard 6: "Students will demonstrate the ability to use goal-setting skills to enhance health" (NHES, 2007).		
D-6.6.1 State a specific, measurable, attainable, realistic, and timely (SMART) goal to avoid ATOD use.	-Drug Awareness Week	C
P-6.6.1 Set a SMART goal to develop and implement a personal health and wellness plan (e.g., eating healthy foods; meeting specific goals related to oral health; getting physical activity; sleeping 8–10 hours nightly).	-Health Lesson -PE Activity (FGRAM Testing SMART Goals) -Classroom Activities/Lesson	P, T
Standard 7: "Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks" (NHES, 2007).		
D-6.7.1 Demonstrate ways to avoid potentially harmful situations involving ATOD use.	-Drug Awareness Week -Classroom Activities -Scenarios	C
D-6.7.2 Demonstrate ways ATOD contributes to harmful situations and behaviors to reduce risk and decrease the chance of being affected.	-Drug Awareness Week -Classroom Activities -Scenarios	C
G-6.7.1 Identify coping strategies to address the physical, emotional, and social changes that occur during adolescence.	-Health Lesson -Classroom Lessons	C, P

G-6.7.2 Describe appropriate steps a person should take if they become the victim of sexual harassment, sexual abuse, or sexual assault.	-Health Lessons -Classroom Lessons (Bullying/ Abuse)	C, P
G-6.7.3 Describe options that exist for a survivor of bullying, cyberbullying, sexual harassment, sexual abuse, sexual assault, rape, domestic violence, and dating violence (e.g., community resources, hotlines, school counselors, teachers, law enforcement, clergy).	-Health Lessons -Classroom Lessons (Bullying/ Abuse)	C, P
I-6.7.1 Demonstrate behaviors and strategies to manage anger and conflict in healthy ways.	-Health Lesson (Injury Prevention/ Safety) -PE Activities	P
I-6.7.2 Discuss ways to avoid or reduce threatening situations.	-Health Lesson (Injury Prevention/Safety) -PE Activities	P
I-6.7.3 Discuss protective strategies to reduce the risk of violence in a person's home, school, and community.	-Health Lesson (Injury Prevention/Safety) -PE Activities	P
M-6.7.1 Discuss strategies to maintain or improve mental, emotional, and social health.	-Health Lessons -PE Lessons/Activities	P
M-6.7.2 Compare and contrast the characteristics of healthy and unhealthy relationships.	-Classroom Lessons	T
M-6.7.3 Analyze the ways in which friends, family, media, society, and culture can influence relationships.	-Classroom Lessons -Scenarios	T
N-6.7.1 Construct a nutrition plan that meets the current federal Dietary Guidelines for Americans, with an emphasis on healthy foods and beverages.	-Health Lesson (Nutrition)	P
N-6.7.2 Create and implement a plan to engage in moderate to vigorous daily physical activity.	-PE Activities -GOTCHA Logs	P

P-6.7.1 Explain the importance of assuming responsibility for personal health behaviors.	-Health Lessons	C, P
P-6.7.2 Construct a plan to reduce environmental health risks in the school or community.	-Classroom Lessons	T
Standard 8: "Students will demonstrate the ability to advocate for personal, family, and community health" (NHES, 2007).		
D-6.8.1 Describe ways to advocate to others the benefits of not using ATOD.	-Drug Awareness Week -Classroom Activities	C
I-6.8.1 Describe ways to advocate for a safe school environment.	-Classroom Activities -Health Lesson (Safety) -Drills/Reasons WHY?	P, T
I-6.8.2 List ways to intervene in situations where unsafe behaviors are taking place.	-Classroom Lessons -Research Strategies	C, T
N-6.8.1 Examine ways to encourage family and peers to choose healthy foods from local producers and increase their physical activity.	-Health Lessons (Nutrition)	P
P-6.8.1 State a health-enhancing position on a health-related topic and support it with accurate information.	-Classroom Lesson/Activity	T

7th Grade

Standard	Resource(s)/ Materials	Instruction by (C) Counselor, (T) Classroom Teacher, (P) PE Teacher
Standard 1: "Students will comprehend concepts related to health promotion and disease prevention to enhance health" (NHES, 2007).		
D-7.1.1 Compare and contrast drug misuse, drug abuse, and drug dependence.	-Drug Awareness Week -Classroom Activities -Assemblies	C
D-7.1.2 Describe risks associated with alcohol, tobacco, and other drugs (ATOD)-use, abuse, and addiction.	-Drug Awareness Week -Classroom Activities -Assemblies	C
D-7.1.3 Define opioid prescription medication and drugs	-Drug Awareness Week -Classroom Activities -Assemblies	C
D-7.1.4 Discuss the impact of ATOD use and abuse on individuals, peers, and family members.	-Drug Awareness Week -Classroom Lesson	C
G-7.1.1 Explain the structures and functions of the male and female reproductive systems.	-Classroom Health Lesson	T
G-7.1.2 Describe the advantages of abstinence.	-Classroom Lesson	C
G-7.1.3 Describe the scientific processes of fertilization, pregnancy, fetal development, and childbirth.		C
G-7.1.4 Describe signs and symptoms and effective treatment of sexually transmitted infections and diseases (STIs/STDs), human immunodeficiency virus (HIV),		C

and acquired immunodeficiency disease (AIDS).		
G-7.1.5 Explain effective methods for the prevention of STIs/STDs, HIV, and AIDS.	-Classroom Lessons	C
G-7.1.6 Explain effective methods for the prevention of unintended pregnancy in the context of future family planning.	-Classroom Lessons	C
G-7.1.7 Discuss the impact of bullying, cyberbullying, dating violence, domestic violence, sexual harassment, rape, sexual assault, sexual abuse, and consent.	-Classroom Lessons -Scenarios	C, T
G-7.1.8 Discuss South Carolina laws related to the sexual conduct of minors, including criminal sexual conduct through the use of technology.	-Classroom Lesson	T
I-7.1.1 Explain the consequences of gangs and bullying/cyberbullying.	-Classroom Lesson	T
I-7.1.2 Illustrate emergency situations (e.g., choking, drowning, poisoning) and safe methods of responding to them (e.g., cardiopulmonary resuscitation (CPR) and universal precautions).	-Health Lesson	P
M-7.1.1 Demonstrate effective ways to communicate personal boundaries and show respect for the boundaries of others.	-Classroom Lessons -Scenarios -Various PE Activities	T, P
N-7.1.1 Explain reasons why a person should follow the current federal Dietary Guidelines for Americans.	-Health Lesson (Nutrition)	P
N-7.1.2 Analyze the benefits of healthy eating in relation to disease prevention	-Health Lesson (Nutrition) -Various PE Activities	P

N-7.1.3 Identify signs and symptoms of disordered eating.	-Health Lesson (Nutrition) -Various PE Activities	P
N-7.1.4 Define hydration and explain its benefits during physical activity	-Health Lesson (Nutrition) -Various PE Activities	P
N-7.1.5 Explain the benefits of engaging in moderate to vigorous physical activity daily.	-Health Lesson (PA) -Various PE Activities	P
N-7.1.6 Analyze the relationship between healthy foods and beverages, calories, and physical activity.	-Health Lesson (Nutrition & PA) -Various PE Activities	P
N-7.1.7 Explain safe food handling and preparation.	-Health Lesson (Nutrition)	P
P-7.1.1 Identify strategies to prevent or lessen common adolescent health issues (e.g., acne, disordered eating, inactivity).	-Health Lesson	P
P-7.1.2 Explain how oral health problems can affect overall health.	-Classroom Lesson	T
P-7.1.3 Determine ways that hereditary and environmental factors affect personal health.	-Research Articles -Classroom Activities/Lessons	T
Standard 2: "Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors" (NHES, 2007).		
D-7.2.1 Analyze the influence of culture and the media on ATOD use and nonuse.	-Drug Awareness Week	C
N-7.2.1 Analyze ways that culture and the media influence an individual's food choices and physical activity.	-Health Lesson (Nutrition)	P

N-7.2.2 Examine the influence of screen time on the physical activity levels of adolescents.	-Health Lesson (Nutrition & PA)	P
P-7.2.1 Explain ways that personal perceptions of social norms influence healthy and unhealthy behaviors.	-Classroom Lesson	T
P-7.2.2 Analyze ways that environmental conditions affect personal and community health.	-Classroom Lesson	T
Standard 3: "Students will demonstrate the ability to access valid information, products, and services to enhance health" (NHES, 2007).		
D-7.3.1 Access valid resources for ATOD related problems	-Drug Awareness Week	C
G-7.3.1 Demonstrate the ability to access valid information and resources related to reproductive health and STIs/STDs, HIV, and AIDS.	-Class Lessons	C
G-7.3.2 Locate valid information and resources related to dating violence, sexual harassment, sexual abuse, and sexual assault.	-Classroom Lesson -Activities/Research	T
I-7.3.1 Demonstrate the ability to utilize resources at home and in the school and community that provide valid safety information and services.	-Safety Within School and Community Lesson	T
M-7.3.1 Identify situations that may require professional mental, emotional, and social health services.	-Internet Research/Articles -Scenarios	T
Standard 4: "Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks" (NHES, 2007).		

G-7.4.1 Demonstrate communication and refusal skills to promote empathy, abstinence, and healthy relationships and to avoid risk behaviors.	-Conflict Resolution Lessons *C -Expectations	C, T
I-7.4.1 Analyze effective conflict management or resolution strategies.	-Lessons on Conflict -Strategies to Resolve or Avoid	T
I-7.4.2 Demonstrate communication and refusal skills to promote boundary setting when using technology (e.g., social media, sexting).	-Lessons on Media/Texts	T
M-7.4.1 Explain how talking about feelings and emotions promotes mental health.	-Health Lessons (Mental Health Awareness) -PE Lessons/Activities	P
M-7.4.2 Describe ways to treat self and others with dignity and respect.	-Health Lessons -PE Lessons/Activities	P
M-7.4.3 Describe ways to respond when someone is being bullied or harassed.	-Internet Research/Articles -Texts	T
M-7.4.4 Demonstrate communication skills that foster healthy relationships.	-Internet Articles/Texts Building Healthy Relationships	T
P-7.4.1 Demonstrate how to ask for assistance to enhance the health of self and others.	-Classroom Activities	T
Standard 5: "Students will demonstrate the ability to use decision-making skills to enhance health" (NHES, 2007).		
D-7.5.1 Apply a decision-making process to issues dealing with ATOD.	-Drug Awareness Week -Classroom Activity	C, T
D-7.5.2 Explain ways a person's decisions about ATOD affect relationships with family members and peers.	-Drug Awareness Week	C, T
G-7.5.1 Apply a decision-making process to promote	-Classroom Lesson	C, T

abstinence and to avoid risk behaviors.		
I-7.5.1 Develop a plan for the safe use of technology, including social media and texting.	-Classroom Activity/Creating Plan	T
N-7.5.1 Compare food choices from a variety of sources, including restaurants and food at home, to the current federal Dietary Guidelines for Americans.	-Health Lesson (Nutrition)	P
Standard 6: "Students will demonstrate the ability to use goal-setting skills to enhance health" (NHES, 2007).		
N-7.6.1 Set a specific, measurable, attainable, realistic, and timely (SMART) goal to achieve a balanced nutrition plan.	-Health Lesson (Nutrition) -Developing SMART goals	P
N-7.6.2 Create a SMART goal to increase physical activity by monitoring the progress of that goal and making the necessary adjustments to reach it.	-SMART Goal for PA in PE & at Home	P
P-7.6.1 Explain ways that health goals can vary with changing abilities, priorities, and responsibilities.	-Health Lesson	P
P-7.6.2 Develop a SMART goal to adopt, maintain, or improve a personal health practice (e.g., avoid ATOD; promote safety; brush and floss teeth).	-Drug Awareness Week	C, T
Standard 7: "Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks" (NHES, 2007).		
D-7.7.1 Discuss guidelines for using prescription and over-the-counter (OTC) drugs properly.	-Drug Awareness Week	C, T

I-7.7.1 Develop injury prevention and treatment strategies for personal and family health.	-Health Lesson (Injury Prevention/Safety) -PE Activities	P
M-7.7.1 Discuss coping strategies for managing stress, anger, and other feelings, including depression, and thoughts of self-harm or suicide.	-Lessons on Coping Strategies -Activities/Scenarios	C, T
M-7.7.2 Analyze the similarities and differences between friendships and romantic relationships.	-Classroom Lessons	T
M-7.7.3 Describe a range of ways people express affection within various types of relationships.	-Classroom Lessons	T
M-7.7.4 Describe the potential impacts of power differences such as age, status, or position within relationships.	-Classroom Lessons	T
M-7.7.5 Discuss strategies for dealing with harmful behaviors in relationships, including dating violence.	-Classroom Lesson	T
N-7.7.1 Explain the relationship between food selection and oral health.	-Health Lesson (Nutrition)	P
P-7.7.1 Describe strategies to detect and treat common health problems.	-Health Lesson (Personal Health)	P
Standard 8: "Students will demonstrate the ability to advocate for personal, family, and community health" (NHES, 2007).		
D-7.8.1 Demonstrate ways to advocate remaining drug-free.	-Drug Awareness Week	C, T
M-7.8.1 Demonstrate ways to advocate for safe environments that encourage respectful treatment of self and others.	-Classroom Lesson	T

N-7.8.1 Demonstrate ways to advocate the benefits of choosing healthy foods and beverages, and increasing one's physical activity.	-Health Lesson (Nutrition & Physical Activity)	P
P-7.8.1 Advocate for a healthy school, community, and natural environment.	-Health Lesson -Classroom Plan/Design	P, T
P-7.8.2 Identify the ways in which blood and tissue donations are related to health promotion.	-Classroom Lesson	T

8th Grade

Standard	Resource(s)/ Materials	Instruction by (C) Counselor, (T) Classroom Teacher, (P) PE Teacher
Standard 1: "Students will comprehend concepts related to health promotion and disease prevention to enhance health" (NHES, 2007).		
D-8.1.1 Discuss the reasons that individuals use and abuse alcohol, tobacco, and other drugs (ATOD).	-Drug Awareness Week -Classroom Activities -Assemblies	C
D-8.1.2 Examine the short and long-term effects and consequences of ATOD use, including the impact on society.	-Drug Awareness Week -Classroom Activities -Assemblies	C
D-8.1.3 Explain ways to access laws relating to ATOD use, possession, and sales.	-Drug Awareness Week -Classroom Activities -Assemblies	C, T
G-8.1.1 Explain how roles, including rules and responsibilities of the members in a family, change over time (e.g., parental responsibilities when parenting a teenager versus parental responsibilities when parenting an infant).	-Classroom Lesson	T
G-8.1.2 Compare and contrast the structures and functions of the male and female reproductive systems.	-Classroom Lesson -Activity/Research	T
G-8.1.3 Describe health issues that can affect male and female reproductive systems.	-Classroom Activity/Lesson	T
G-8.1.4 Discuss the advantages of abstinence.		C, T

G-8.1.5 Describe signs and symptoms and effective treatments of sexually transmitted infections and diseases (STIs/STDs), human immunodeficiency virus (HIV), and acquired immunodeficiency disease (AIDS).		C, T
G-8.1.6 Explain effective methods for the prevention of STIs/STDs, HIV, AIDS, and unintended pregnancy.		C, T
G-8.1.7 Discuss South Carolina laws relating to the sexual conduct of minors, including criminal sexual conduct through the use of technology.	-Classroom Lessons -Scenarios	T
G.8.1.8 Examine the scientific process of fertilization, prenatal care and development, childbirth, and postnatal care.	-Classroom Lessons -Scenarios	T
I-8.1.1 Identify ways to reduce risk of unintentional and intentional injuries in the home, school, and community.	-Health Lesson -Various PE Activities	P
I-8.1.2 Research the impact of gang activity on individuals, peers, family, school, and the community.	-Classroom Lesson/Research	T
I-8.1.3 Define human trafficking.	-Health Lesson (Safety) -Various PE Activities	P
M-8.1.1 Examine factors that contribute to a positive self-concept.	-Health Lesson -Various PE Activities	P
M-8.1.2 Discuss the interrelationship among mental, emotional, social, and physical health during adolescence.	-Health Lesson -Various PE Activities	P
M-8.1.3 Describe the characteristics of resiliency.	-Health Lesson -Various PE Activities	P

M-8.1.4 Demonstrate effective ways to communicate personal boundaries and show respect for the boundaries of others.	-Health Lesson -Various PE Activities	P
N-8.1.1 Examine the benefits of choosing healthy foods while following the current federal Dietary Guidelines for Americans.	-Health Lesson (Nutrition) -Various PE Activities	P
N-8.1.2 Discuss ways that disordered eating impacts an individual's health, including oral health.	-Health Lesson (Nutrition) -Various PE Activities	P
N-8.1.3 Explain the mental, social and physical benefits of moderate to vigorous physical activity.	-Health Lesson (Physical Activity) -Various PE Activities	P
P-8.1.1 Explain the components of personal wellness.	-Health Lesson	P
P-8.1.2 Discuss how heredity, lifestyle, behaviors, environment, and medical care influence an individual's health.	-Health Lesson	P
P-8.1.3 Research ways in which organ, tissue, and blood donations enhance health promotion.	-Classroom Lesson	T
Standard 2: "Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors" (NHES, 2007).		
D-8.2.1 Discuss the influence of family, peers, culture, and the media on an individual's opioid use, abuse and dependence.	-Drug Awareness Week	C
D-8.2.2 Evaluate the influence of family, peers, culture, and the media on an individual's ATOD use.	-Drug Awareness Week	C

G-8.2.1 Explain ways that culture and the media influence families and relationships.	-Classroom Lesson -Compare/Contrast Different Culture's Influences	T
G-8.2.2 Discuss the influence of family, peers, culture, and the media on personal decisions about sexual behavior.	-Classroom Lesson	T
I-8.2.1 Explain the effect of gangs on personal safety in the community.	-Classroom Activities -Assemblies	C, T
I-8.2.2 Discuss the risk factors, prevention, and support for someone who is involved in human trafficking.	-Classroom Lesson	T
M-8.2.1 Examine how family, peers, and the media influence the mental, emotional, and social health of adolescents.	-Health Lesson (Mental, Social, Emotional Health)	P
M-8.2.2 Evaluate how external influences affect feelings of depression, as well as the risk of selfharm and suicide.	-Health Lessons (Mental Health) -PE Activities	P
M-8.2.3 Explain ways that the media influences an individual's body image.	-Health Lessons	P
N-8.2.1 Describe ways that personal economics and geographic location influence food choices and availability.	-Health Lesson (Nutrition)	P
N-8.2.2 Discuss the influence of the environment on a person's physical activity.	-Health Lesson (Physical Activity) -Benefits of Resources Available	P
P-8.2.1 Discuss the ways that social norms influence healthy and unhealthy decisions and behaviors.	-Internet Research/Articles -Textbook -Health & Wellness	T
Standard 3: "Students will demonstrate the ability to access valid information, products, and services to enhance health" (NHES, 2007).		

G-8.3.1 Evaluate the availability of valid information, community resources, and testing locations related to reproductive health and STIs/STDs.	-Classroom Lesson	C, T
G-8.3.2 Access valid information and resources related to bullying, cyberbullying, dating violence, sexual harassment, sexual abuse, and sexual assault.	-Lessons on Bullying -Bully-Free Activities/Scenarios	C, T
M-8.3.1 Locate valid health information, products, and services.	-Mental, Social, and Emotional Health	T
Standard 4: "Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks" (NHES, 2007).		
G-8.4.1 Discuss effective verbal and nonverbal communication skills for healthy parent, family, and peer relationships.	-Classroom Lesson on Growth & Development	T
G-8.4.2 Utilize communication and refusal skills to promote sexual abstinence and to avoid risk behaviors.	-Classroom Lesson (Sexual Health & Responsibility)	T
G-8.4.3 Compare and contrast ways to communicate with parents, family members, and other safe adults about reproductive health and responsible behaviors.	-Classroom Lesson	T
I-8.4.1 Apply refusal and negotiation skills to reduce the risk of injury and promote personal safety.	-Classroom Lesson	T
M-8.4.1 Demonstrate communication skills that foster healthy relationships.	-Classroom Discussion/Scenarios	T
N-8.4.1 Explain to others the importance of variety and moderation in food selection and	-Health Lessons (Nutrition)	P

consumption with emphasis on healthy foods and beverages.		
Standard 5: "Students will demonstrate the ability to use decision-making skills to enhance health" (NHES, 2007).		
D-8.5.1 Examine ways that a person's decisions about ATOD affect his or her family and peers, as well as society.	-Drug Awareness Week -Scenarios	C, T
D-8.5.2 Explain when and how to ask for assistance in dealing with ATOD abuse with family members.	-Drug Awareness Week -Activities	C, T
G-8.5.1 Apply a decision-making process to promote abstinence and to avoid risk behaviors, including the use of the internet	-Classroom Lesson -Activities	T
I-8.5.1 Apply a decision-making process to deal with situations involving personal safety and risk when using technology, including the internet, social media, texting, and sexting.	-Health Lesson (Safety)	P
Standard 6: "Students will demonstrate the ability to use goal-setting skills to enhance health" (NHES, 2007).		
G-8.6.1 Set a personal specific, measurable, attainable, realistic, and timely (SMART) goal to protect oneself from STIs/STDs, HIV, and AIDS.	-Classroom Lesson on SMART Goals -Develop Goals	T
G-8.6.2 Explain effective methods for the prevention of unintended pregnancy in the context of future family planning.	-Classroom Lessons	C, T
M-8.6.1 Implement a stress-management plan.	-Classroom Activity, Develop Plan	T

N-8.6.1 Create a personal SMART goal to achieve a balanced nutrition plan, monitor the progress of that goal, and make the necessary adjustments to reach it.	-Health Lesson (Nutrition)	P
N-8.6.2 Develop and implement a plan to increase physical activity.	-Health Lesson (Physical Activity) -GOTCHA Logs	P
N-8.6.3 Develop and implement a personal balanced nutritional plan that benefits oral health as well as overall health.	-Health Lesson (Nutrition & Personal Health)	P
Standard 7: "Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks" (NHES, 2007).		
G-8.7.1 Explain how to effectively support a person who has been a victim of sexual assault, sexual abuse, rape, domestic violence, or dating violence.	-Lessons on Sexual Assault/ Violence	C, T
I-8.7.1 Demonstrate behaviors and strategies to manage conflict in healthy ways.	-Conflict Resolution -Lessons/Activities	T
I-8.7.2 Plan protective strategies to reduce the risk of violence in the home, school, and community.	-Classroom Lessons -Health /Wellness Activities	T
M-8.7.1 Implement strategies to maintain or improve mental, emotional, and social health.	-Health Lesson (Mental, Social, Emotional Health) -PE Activities	P
M-8.7.2 Demonstrate effective skills to negotiate agreements about the use of technology in relationships.	-Classroom Lesson	T
M-8.7.3 Discuss coping strategies to increase resiliency.	-Classroom Activities/Discussion	T

M-8.7.4 Describe the potential impacts of power differences such as age, status, or position within relationships.	-Classroom Lesson	T
N-8.7.1 Articulate the importance of assuming personal responsibility for consuming healthy foods and beverages, and engaging in physical activity.	-Health Lesson (Nutrition & PA) -PE Activities	P
P-8.7.1 Explain behaviors that may lead to the spread of communicable diseases.	-Classroom lesson (Personal Health)	T
P-8.7.2 List actions to include in an oral health plan (e.g., floss, receive regular dental cleanings, brush twice a day).	-Classroom Lesson (Personal Health)	T
Standard 8: "Students will demonstrate the ability to advocate for personal, family, and community health" (NHES, 2007).		
D-8.8.1 Advocate for positive alternatives to ATOD use.	-Drug Awareness Week	C
I-8.8.1 Encourage others to provide active bystander-interventions when others are at risk.	-Health Lesson (Safety) -Dos/Don'ts	P
N-8.8.1 Implement an advocacy plan to promote healthy food and beverage choices, and physical activity in the community.	-Health Lesson (Nutrition and PA)	P
P-8.8.1 Demonstrate ways to encourage others to avoid risk behaviors.	-Classroom Lesson -Scenarios/Demonstrations	T
P-8.8.2 Demonstrate ways to advocate for a healthy environment.	-Classroom Lesson -Scenarios/Demonstrations	T