

Northwestern School Corporation
Health Curriculum
Course Outline
8th Grade

Health promotion

- Interrelationships of mental, emotional, social, and physical health
- Analyze validity of health information
- Personal Health assessment
- Responsibility for Personal health behavior
- Healthy Body systems
- Developing positive lifestyle skills
- Health goals and needs
- Health plan design
- Advocate health
- Opinions of health issues

Alcohol and your Health

- Long- and short-term harmful effects of alcohol on the body
- Understanding blood alcohol levels
- Fetal alcohol syndrome
- Abstaining from Alcohol use
- Alcoholism and its stages
- Treatment and recovery

Drugs and Your Health

- Dangers of prescription medicine misuse and abuse
- Drug tolerance
- Advocate for Abstinence
- Drug misuse and abuse
- Stimulants, Depressants, Narcotics
- Drug use in sports

Tobacco and your Health

- Tobacco and destruction of the body
- Affects of smoking
- Physical symptoms of withdrawal
- Harmful effects of passive smoke
- Refusal skills
- analyzing media influence of Tobacco advertising
- The harmful chemicals in tobacco
- Second hand smoke and lung cancer

Health Information

- Access and evaluate Health information
- Analyze validity of health information
- Detect and treat health problems
- Prevention of diseases
- Key health terms
- Determining the need for health services
- Utilize health services resources
- Media influences on health information
- Comparing health products
- Fitness knowledge

Self management skills

- Strategies to manage Conflict
- Cope with grief and anger
- Reduce risks to common health problems

Interpersonal communication skills

- Effective verbal and nonverbal skills
- Effects of interpersonal communication
- Respect others and self
- Refusal and negotiation skills
- conflict resolution
- Healthy relationships
- Barriers
- Making positive health choices

First Aid

- ABC's of first aid
- Rescue breathing
- Controlling bleeding
- Helping a victim from shock
- First aid from poisoning
- First aid for choking victims both child and adult
- Aiding victims of broken bones, sprains, bruises, bites and sprains

Safety

- Avoiding risks
- Preventing injury, illness, disease, premature death
- Personal fire and safety, stop, drop, roll
- Causes of violence
- Avoid and Reduce threatening situations
- Self-defense strategies
- Knowing and obeying traffic rules
- Passenger and pedestrian safety
- Weather emergencies

