

STRATFORD PUBLIC SCHOOLS

Health Department

Curriculum Scope and Sequence – Grade 8

Grade	Concept/Units	Application-Students will:
8	Health and Wellness	<ul style="list-style-type: none">• Describe the physical, social and mental / emotional changes that occur during puberty.• Explain the basic needs necessary for good health, including personal hygiene.• Practice strategies for enhancing self-image and making up ones' mind up based on their values and beliefs.• Identify positive qualities and personal strengths in self and others.• Understand actions have consequences: good and bad.• Describe appropriate ways to express and deal with emotions and feelings.• Examine positive and negative resolutions to conflicts.• Practice communicating needs and wants in a clear and appropriate manner.• Identify feelings of depression, sadness, anxiety, and hopelessness which may lead to one hurting themselves (suicide) or others.• Describe causes and effects of stress (physical & mental /emotional reactions).• Explain positive and negative ways of dealing with stress.• Analyze the consequences of prejudices, discrimination, racism, sexism, and hate crimes.

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Grade	Concept/Units	Application-Students will:
8	Human Sexuality and Disease Prevention	<ul style="list-style-type: none">-Identify male and female reproductive organs and explain their functions.-Analyze the responsibility associated with parenthood, including basic monthly living costs.-Examine sexuality identity in a healthy way: heterosexual / homosexual / bisexual, LGBTs-Discuss the consequences associated with using ones' reproductive system: pregnancy, STD's, HIV/AIDS, parenthood...<ul style="list-style-type: none">Transmission, signs & symptoms, treatment vs. cures, testing and counseling-Share ideas on healthy verses unhealthy relationships, including sexual harassment, suicide-Examine the effective rates of using contraceptives correctly for disease prevention and the benefits of being sexually abstinent. (Math / Percentages)•
	Substance Use and Abuse Prevention	<ul style="list-style-type: none">-Explain the dangers of alcohol, tobacco and illicit drug use.-Identify short and long term effects of tobacco, alcohol and drug use.-Determine reasons why people choose to use tobacco, alcohol and illicit drugs.-Describe positive alternatives to using tobacco, alcohol and illicit drugs.-Discuss monetary ramifications of a substance abuse addiction.•