

HEALTH



8th Grade Course Outline

Health & Wellness

- Health Triangle/Lifestyle Choices/Disease Prevention

Mental & Emotional Health

- The Responsible Decision Making Model

- Mental Illness/Suicide prevention/stress management

Nutrition

- Food Labels

- Latest diet plans/trends/Eating Disorders

Personal Health & Physical Activity

- FITT Formula

- Performance-Enhancing Substances

Chronic & Communicable Diseases

- STD's

- HIV/AIDS

Family & Social Health

- Healthy Relationships/Pay it forward

Alcohol, Tobacco, and Other Drugs

- Tobacco- latest trends, consequences, secondhand smoke

- Prescription Drugs

- Alcohol- Teen Drinking and Hats to Harshaw

PSA's

- Cumulative Project