

# 8<sup>th</sup> Grade

The topic of Human Growth and Development (which includes the areas of family life education and personal health) is part of our district's Health Education curriculum. Listed below are the specific objectives of this curriculum. We feel that by working together with you in teaching these objectives our children will realize that their physical and emotional well-being is an important aspect of their total personal development. The eighth grade objectives include:

1. Investigate interrelationships of and disparities among physical, emotional, and social changes occurring at puberty.
2. Understand a pregnant mother's ability to affect healthy embryonic and fetal development.
3. Identify the sequence of events which show, in general, the development of the human organism from conception through adulthood.
4. Develop the ability to resolve conflicts and formulate new friendships.
5. Accept and value human sexuality as normal and essential to total well-being.
6. Identify factors that influence their sexual attitudes.
7. Recognize the value and necessity of facilitating communication about sexuality with parents.
8. Identify the responsibilities and consequences inherent in sexual relationships.
9. Understand that abstinence is the preferred method for preventing unwanted pregnancies and contracting STI's.
10. Knowledge of methods of birth control options to avoid unwanted pregnancies.
11. Identify the general reasons for and methods of preventing STI's, pregnancy, and HIV/AIDS.
12. Discuss the physical, emotional, and social problems associated with teenage pregnancy.
13. Develop, using a decision-making process, a code of behavior for themselves that is consistent with a positive value system and positive goals.
14. Know that the need for love and affection influences behavior.
15. Describe health care practices during adolescence that may follow from various individual decisions.
16. Recognize the impact health habits have on stress levels.
17. Demonstrate appropriate stress management techniques.
18. Analyze fad behavior as a force affecting health decisions.
19. Describe some common causes of skin problems and suggest procedures for good skin care.
20. Interpret the results of a credible health hazard appraisal (wellness inventory) in behavioral terms.