

## Health Curriculum

Health Education is an integral part of the total education of every child from kindergarten through grade 12. Health Education instruction provides a positive impact that can help students achieve in all curricular areas. Through this curriculum, students will focus on wellness, decision-making and refusal skills, as well as, participate in alcohol, tobacco and drug education.

The health education curriculum, written to the New Jersey Core Curriculum Content Standards, addresses various components of health education instruction that build from year to year. Each curricular unit includes interdisciplinary and technology connections to bridge learning in various content areas. While some of the skills are repeated at various grade levels, the content grows and addresses the students' needs at each level.

### Grade 7

#### Alcohol, Tobacco and Other Drugs

- Resist pressures to use tobacco, alcohol and other drugs.
- Analyze advertising messages.
- Support others in resisting pressures to use drugs.
- Describe the harmful effects of tobacco use to smokers and non-smokers.
- Describe the short-term and long-term effects of alcohol and drug use.
- List the benefits of remaining tobacco, alcohol and drug free.
- Accept personal responsibility for choices about alcohol, tobacco and other drugs.
- Encourage others not to use alcohol, tobacco and other drugs.
- Know to how get help.

#### First Aid

- Assess when to use basic first-aid procedures.
- Assess the degree of risk in a variety of situations and identify strategies to reduce intentional and unintentional injuries to self and others.
- Demonstrate first-aid procedures including victim and situation assessment, the care of head trauma, bleeding and wounds, burns, fractures, and poisoning.
- Summarize the common causes of intentional and unintentional injuries in adolescents and related prevention strategies.

## Peer Pressure, Stress, and Decision Making

- Identify various sources of stress
- Recognize signs and symptoms of stress
- Describe healthy ways of managing stress
- Describe ways of reducing risks for stress-related illnesses
- Describe strategies to resist peer pressure

## Grade 8

### Healthy Relationships

- Identify factors that influence the development of friendships
- Explain how relationships can help you stay healthy
- Identify ways to improve communication in interpersonal relationships
- Identify behaviors generally attributed to a unhealthy relationship
- Describe how to identify and resolve an unhealthy relationship

### Human Sexuality

- Identify the structures in the reproductive systems for males and females
- Discuss the function of the endocrine system
- Explain why abstinence is a responsible behavior for young adolescents
- List the signs and symptoms of pregnancy
- Describe the process of childbirth

### Sexually Transmitted Infections

- Identify reasons a person would want to avoid catching a sexually transmitted infection.
- Explain how sexual behaviors and practices influence contraction of HIV/AIDS and sexually transmitted infections
- List general symptoms of STIs and explain that STIs are often asymptomatic
- Describe what a person should do if they suspect they might have an STI.
- Discuss the risks of STD's and how to reduce their risks