

8th grade Health- Scope and Sequence

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Terms	Skill/Standard	Content	Approx. # of classes
1 or 3	<p><u>Communication</u></p> <p>National Standards 4.8.1 Apply effective verbal and nonverbal communication skills to enhance health. 4.8.2 Demonstrate refusal and negotiation skills that avoid or reduce health risks.</p> <p>MA Standards: 8.1. HR. 1: Analyze the similarities and differences between friendships, romantic relationships, and sexual relationships and discuss various ways to show affection with different relationships. 8.3.HR.1 Identify characteristics of healthy and unhealthy relationships and ways to seek help in unhealthy or unwanted relationships. 8.3.HR.2 -Demonstrate effective verbal and non-verbal communication skills (e.g., listening, conflict resolution, negotiation, refusal) that foster healthy relationships, communicate boundaries, and show respect in a variety of situations (e.g., familial relationships, peer relationships, romantic relationships). 8.3.HR.3 - Articulate how respectful behaviors may vary among populations and how those behaviors contribute to positive social interactions in various settings. 8.3.7.MH -Identify signs and symptoms of mental health and emotional distress in self and others that may require assistance from adults. 8.3.8.MH - Demonstrate how to respond when there is a concern about one's own or someone else's mental well-being or where someone is considering harming themselves.</p> <p>8.1.SH.3 -Analyze ways to prevent pregnancy and sexually transmitted infections (STIs), including methods that can be taken before becoming sexually active (e.g., communicating with a partner, HPV vaccine, contraception) 8.1.SH.5 -Articulate the benefits of postponing sexual activity and setting personal limits, including to avoid early or unintended pregnancy and to reduce the risk of sexually transmitted infections, based on personal beliefs and values.</p>	<ul style="list-style-type: none"> Effective Communication Skills Healthy Relationships Human Sexuality Depression Education/ Suicide Prevention (Erika's Lighthouse) 	20
2 or 4	<p><u>Advocacy</u></p> <p>National Standard 8 -Student will demonstrate the ability to advocate for personal family or community health.</p> <p>MA Standards: 8.1.SU.3-Access valid and reliable information about legal and illegal drugs and use it to understand and communicate the risks and dangers of drug use and misuse. 8.1.SU.5-Analyze the potential negative effects of legal and illegal drugs use on personal safety.</p>	<ul style="list-style-type: none"> Dangers of Drugs 	10
2 or 4	<p><u>Goal Setting</u></p> <p>National Standards 6.8.1 Assess personal health practices. 6.8.2 Develop a goal to adopt, maintain, or improve a personal health practice.</p> <p>MA Standards - 8.2.MH.10 - Create and monitor personal goals to meet identified emotional and mental health needs or wants and identify people or resources to assist in meeting those goals. 8.2.MH.11 - Analyze and demonstrate strategies for planning, prioritizing, and managing time.</p>	<ul style="list-style-type: none"> Wellness Wheel Goal Setting for High School 	10

