

Curriculum at a Glance

Healthy Living

7th Grade Healthy Living

Description: In seventh grade the focus is on acquisition of practical skills to support physical, social, and mental/emotional health.

Unit Name/Description	Content and/or Skills
Introduction to Health	Health Triangle Components and Influencers of Personal Health
Nutrition	USDA MyPlate Six Essential Nutrients Food Labels: Nutrition Facts and Ingredients Physical Activity and Healthy Eating Food Marketing & Advertising Portion Control
Bullying Prevention	Types/Roles of Bullying Documentary "The Bully Project" Cyberbullying Stand Up to Bullying Storyboard
Substance Abuse	Drug Terminology 15 Drug Categories Drugs and the Teen Brain Pharm Parties
Life Skills	Learning Styles Setting Goals Making Decisions Resolving Conflict Resistance Skills (Peer Pressure) Stress Management

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8th Grade Healthy Living

Description: The eighth grade healthy living curriculum is designed to build upon the foundation established during the seventh grade Healthy Living course. Students will learn skills to make healthy choices and develop an understanding of how their decisions impact their physical, mental, emotional, and social well-being.

Unit Name/Description	Content and/or Skills
Building Healthy Relationships Through Communication	Self-Esteem + Decision Making Communication Style Conflict Resolution Social Media Healthy Relationships: How to build healthy relationships through communication PeaceWorks iRelationships Presentation
Nutrition	Essential Nutrient Review: Macro/Micro Nutrients Healthy vs. Unhealthy Relationships With Food Body Image Processed/Whole Foods and Empty Calories Food Marketing/Marketing Claims and Influence On Food Choices
Sexuality Education	Class Expectations/Human Development Reproductive Systems Menstruation and Fertilization STDs/STIs HIV/AIDs Disease Prevention/Contraception “The Center” Presentation: Sexual Harassment, Sexual Assault
Substance Abuse	Risk/Protective Factors

Prevention and Education	Addiction Common Drugs of Abuse (E-Cigarettes/Vaping, Alcohol, Marijuana, Heroin) Refusal Skills Peer Pressure/Decision Making
Stress and Coping	Identifying Types of Stress Exploring and Practicing Coping Skills
Naviance: Career Exploration	Intro to Career Ed. Career Key Survey + Analysis