

## Diocese of Jefferson City Curriculum Guide

Content Area: Health  
 Grade Range: Eighth Grade  
 Section/Heading: 8A.2

Strand: Personal Health and Safety

Diocesan Standard Terra Nova Objective	Benchmark Statement
Personal Health and Safety	Identify the personal responsibility for safety strategies.

Performance Indicators		
<ol style="list-style-type: none"> <li>1. Demonstrate understanding of all procedures from previous years.</li> <li>2. Identify risk behaviors for contracting major communicable diseases including AIDS and STDs.</li> </ol>		
Suggested Activities	Assessment	Resources

## Diocese of Jefferson City Curriculum Guide

Content Area: Health  
 Grade Range: Eighth Grade  
 Section/Heading: 8B.1

Strand: Substance Abuse and Use

Diocesan Standard Terra Nova Objective	Benchmark Statement
Substance Abuse and Use	Understand aspects of substance abuse and use.

Performance Indicators		
<ol style="list-style-type: none"> <li>1. Know conditions that may put people at higher risk for substance abuse problems (genetic inheritability, substance abuse in family, low frustration tolerance).</li> <li>2. Know factors involved in the development of a drug dependency and the early, observation signs and symptoms (tolerance level, drug-seeking behavior, loss of control, denial).</li> <li>3. Know short and long term consequences of the use of alcohol, tobacco and other drugs.</li> <li>4. Know public policy approaches to substance abuse control and prevention (pricing, taxation, warning labels, regulation of advertising, restriction of consumption).</li> <li>5. Know community resources that are available to assist people with alcohol, tobacco, and other drug problems.</li> </ol>		
Suggested Activities	Assessment	Resources

## Diocese of Jefferson City Curriculum Guide

Content Area: Health  
 Grade Range: Eighth Grade  
 Section/Heading: 8C.1

Strand: Consumer Health

Diocesan Standard Terra Nova Objective	Benchmark Statement
Consumer Health	Know the availability and effective use of health services, products and information.

Performance Indicators		
<ol style="list-style-type: none"> <li>1. Identify consumer health products, services and treatments and decide who is responsible for their regulation and/or control.</li> <li>2. Describe the laws and regulations that protect consumer health.</li> </ol>		
Suggested Activities	Assessment	Resources

## Diocese of Jefferson City Curriculum Guide

Content Area: Health  
 Grade Range: Eighth Grade  
 Section/Heading: 8D.1

Strand: Health and Disease Prevention

Diocesan Standard Terra Nova Objective	Benchmark Statement
Health and Disease Prevention	Know how to maintain and promote personal health.

Performance Indicators		
<ol style="list-style-type: none"> <li>1. Identify and describe ways of accessing local and state health services and the problems encountered by health agencies and workers in controlling and preventing disease.</li> <li>2. Describe the detection, prevention and control of common health problems and decide what personal decisions are needed to lead a healthier lifestyle and prevention of disease (alcoholism, cancer, diabetes, heart disease, HIV infections/AIDS, lung disease, measles).</li> </ol>		
Suggested Activities	Assessment	

## Diocese of Jefferson City Curriculum Guide

Content Area: Health  
 Grade Range: Eighth Grade  
 Section/Heading: 8E.1

Strand: Environment and Community

Diocesan Standard Terra Nova Objective	Benchmark Statement
Environment and Community	Understand environmental and external factors that affect individual and community health.

Performance Indicators		
1. Explain why people must work together to solve community health problems. 2. Explain why taxes and contributions of time and money are needed to provide community health services.		
Suggested Activities	Assessment	Resources

## Diocese of Jefferson City Curriculum Guide

Content Area: Health  
 Grade Range: Eighth Grade  
 Section/Heading: 8F.1

Strand: Mental Health

Diocesan Standard Terra Nova Objective	Benchmark Statement
Mental Health	Know how to maintain mental and emotional health.

Performance Indicators		
<ol style="list-style-type: none"> <li>1. Analyze one or more examples of social mental health problems and identify the personal qualities that would help one get along with others in a given situation.</li> <li>2. Identify several different personal mental health problems and decide the best source of help for each.</li> <li>3. Analyze one or more mental health behaviors and select acceptable ways of expressing emotions consistent with a healthy lifestyle (love, anger, sadness, remorse, joy, jealousy).</li> </ol>		
Suggested Activities	Assessment	Resources

## Diocese of Jefferson City Curriculum Guide

Content Area: Health  
 Grade Range: Eighth Grade  
 Section/Heading: 8G.1

Strand: Nutrition

Diocesan Standard Terra Nova Objective	Benchmark Statement
Nutrition	Understand essential concepts about nutrition and diet.

Performance Indicators		
1. Identify the public agencies that contribute to maintaining a clean and safe food supply.		
Suggested Activities	Assessment	Resources