**Curriculum**

**8th Grade Health**

**Course Overview**

Health 8 is an introduction to sex and sexuality in the context of healthy relationships and healthy decision making. Students will explore the anatomy and physiology of the male and female as well as common diseases and disease prevention. The biological changes of adolescence will be explored as well as the resulting emotional and social changes. Students will be encouraged to discuss topics maturely with each other and to ask questions which will help to guide the instruction. We look at human development from conception to birth, sexually transmitted infections and their effects and finally, drugs and their consequences. It is hoped that throughout the course students will reflect deeply and consider their personal value system and how it will play a vital role in their future choices.

**Department Standards**

* Students will appreciate the importance of health and healthy habits for life.
* Students will learn ways to promote health as well as prevent disease.
* Students will understand that health has physical, emotional, and social dimensions.
* Students will practise health-enhancing behaviors and reduce risk factors.
* Students will critically analyze the effects of culture, media, technology, current affairs, politics, environment, technology, peers, community and other factors which influence health and health advice.
* Students will demonstrate the ability to use interpersonal skills in honest, respectful discussion and debate.
* Students will be aware that a healthy self concept is central to future decision making, as well as a healthy relationship with family and community.
* Students will set goals and practise decision-making to help them prevent future unhealthy behavior.
* Students will learn how to access valid health information and services.

**Benchmarks**:

Students will explore the differences between a healthy and an unhealthy relationship.

Students will reflect upon the relationship they have with themselves and others.

Students will make the connection between a healthy self concept and healthy decision making.

Students will explore how sex is portrayed by the media in society.

Students will learn about the hormonal changes of puberty and how specific hormones affect their bodies, minds and feelings.

Students will study the sexual anatomy and function of the human male and female.

Students will learn about common diseases and conditions which affect the genitals and breasts and how to prevent, recognize and treat them.

Students will understand the difference between sex and sexuality.

Students will be encouraged to respect differences between the sexes.

Students will explore human reproduction from conception to birth.

Students will explain a sexually transmitted infection to the class in a brochure format.

Students will pose questions and get answers on sex, sexuality and drugs.

Students will reflect upon their values and beliefs in order to inform their future decision-making.

Students will learn how smoking affects the body.

Students will understand how alcohol affects the body and society.

Students will understand how tolerance and addiction operate.

Students will learn about drugs, their effects, how they are classified and where to get help.

Students will be encouraged to maintain a mature attitude of respect for the differences in understanding, values and ideas that are present in a classroom.

Students are encouraged to feel comfortable discussing sex and using appropriate terminology.

**Performance Indicators**

Students are graded on a pass/fail basis only. Effort grades are given based on attitude, participation and progress.

Students will demonstrate a mature attitude.

Students will use appropriate terminology.

Stdents will be respectful of others.

Students will show an increase in confidence with the material.

Students are graded on a pass/fail basis only. Effort grades are given based on attitude, participation and progress.

Students will prouce an attractively designed brochure with appropriate detailed information. Students will demonstrate a mature attitude.

Students will use appropriate terminology.

Students will be respectful of others.

Students will show an increase in confidence with the material.

**Assessments**

Because this is a discussion based course, students are graded on effort only. Brochure Creation and Presentation

**Core Topics**

Relationships

Self-concept

Adolescence

Male and female anatomy and sexual function

Diseases affecting gebitals and breasts

Pregnancy and birth

STIs (brochures)

Sexuality and Question Answering

Healthy Decision Making

Internet Safety (Think You Know)

Smoking

Alcohol and alcoholism

Tolerance and Addiction

Drugs and the Brain

Where to Get Help

**Specific Content**

Class discussion about why sex is so embarrassing to talk about.

What is a healthy relationship and where does it begin. (Handout)

Self-assessment and reflection sheet on healthy self concepts.

Female sexual anatomy from the text- read and discuss

Diseases affecting female genitals and breasts- from text

Male sexual anatomy and common diseases- from text.

Puberty- BBC DVD The Human Body Series Raging Teens following by discussion and question and answer

Pregnancy- BBC DVD The Human Body Series 'An Everyday Miracle' followed by question and answer/ discussion.

A birth story-telling class- students share their own stories! Students are given the opportunity to submit anonymous questions for later discussion.

Students spend a few weeks in the computer lab using the brochure template to produce a brochure on a specific STI (Chlamydia, Gonorrhea, Syphilis, Herpes, Hepatitus B and C, AIDS, and HPV.) Brochures must include a definition, how it is spread, symptoms, treatment and prevention.

Sexuality is covered from appropriate section in the text.

Questions are answered age appropriately with factual information.

How do you know when you are ready for sex- from text.

How is love and infatuation different - Handout

Students reflect in a personal statement what their choices about future sexual activity might be.

Teacher goes through DVD from CEOP with discussion and question and answer.

Smoking DVD from X

DVD Dying High: Teens in ER as an introduction to alcohol and drugs.

The Jennifer Lynn Dixon Story (Killed drinking and Driving)

Alcohol Units and Guidelines

Alcohol and Alcoholism- discussion from experiences in families

Alcohol and the brain- effects (Website- Neuroscience for Kids)

The TASIS Drug Presentation prepared by a parent/nurse The Frank Website and information booklets- where to go for help

**Resources**

The Teenage Body Book by Kathy McCoy and Dr. Charles Wibbelsman

Appropriate internet resources sites including the Seven Habits for Teens

Teacher generated materials

The Teenage Body Book by Kathy McCoy and Dr. Charles Wibbelsman

Think You Know DVD from the Child Exploitation and Online Protection Centre (CEOP)

Smoking DVD-