



LINDEN PUBLIC SCHOOLS

RESPECT FOR DIVERSITY - EXCELLENCE IN EDUCATION - COMMITMENT TO SERVICE

Health Topics

Grades 6-8

<https://www.nj.gov/education/standards/chp/>

In keeping with the New Jersey Student Learning Standards for Comprehensive Health and Physical Education, this curriculum will meet the guidelines for grades 6, 7 and 8 as well as the Linden Board of Education expectations for student achievement. The corresponding state standards are stated at the end of each objective.

- A. Explain and reflect upon the multiple influences on one's physical, social, mental/emotional health and overall wellness.

New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.1.8.PGD.1
New Jersey Student Learning Standards for Comprehensive Health and Physical Education 2.1.8.EH.1,2
New Jersey Student Learning Standards for Comprehensive Health and Physical Education 2.1.8.SSH.6
New Jersey Student Learning Standards for Comprehensive Health and Physical Education 2.1.8.CHSS.7,8
New Jersey Student Learning Standards for Comprehensive Health and Physical Education 2.2.8.N.1,2
New Jersey Student Learning Standards for Comprehensive Health and Physical Education 2.1.8.PP.1,2,3,5

- B. Demonstrate the development of effective decision making and communication styles/skills/strategies that contribute to one's safety, sound nutrition and promotion of healthful relationships.

New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.1.8.SSH.1,3, 4, 5,7,8
New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.1.8.CHSS 1, 2,4, 5
New Jersey Student Learning Standards for Comprehensive Health and Physical Education 2.2.8.N.3,4
New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.1.8.PP.4
New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.1.8.PS.1,3,4,6,7

- C. Demonstrate an understanding of the body systems and correlate the relationship nutrition, choices, behaviors, and access to healthcare have on preventing, managing, and resolving diseases and health conditions.

New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.1.8.CHSS 1, 4, 5
New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.1.8.SSH.11
New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.3.8.HCDM.1,2,3,4,5,6,7

- D. Understanding the physiological effects of alcohol, tobacco, and drugs on the body, examine factors that may lead to substance use, abuse, addiction, and recovery and the impacts it has on oneself and others

New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.3.8.ATD.1,2,3,4,5
New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.3.8.DSDT.1,2,3,4,5

II. CONTENT, SCOPE AND SEQUENCE

The sixth through eighth grade Health Education Curriculum contains the three standards for Comprehensive Health and their related strands. The three standards are Personal and Mental Health, Physical Wellness, and Safety. The Grades 6 - 8 Health Education course guide reflects these standards in four categories: Wellness and Development, Community Health and Personal Safety, Nutrition/Health Conditions/Diseases/s and Drugs/Alcohol/Tobacco/Dependency.

Building upon the foundational understanding of the health triangle, the content, scope, and sequence promotes the skills and knowledge to support one's wellness. Current health topics, emerging health problems and healthcare issues are discussed and analyzed in relation to the impact on the individual, family, community, and society. It is important to understand that health is not simply the absence of illness and disease, but a condition of wellness supported by positive experiences and responsible decision making.

Grade 6

A. Wellness and Development

1. Personal and family wellness
 - a. factors affecting health
 - b. personal choices affecting health
 - c. high risk behaviors
 - d. individual accountability
2. Adolescent changes
 - a. physical
 - 1) Use of healthcare and personal hygiene products
 - b. mental / emotional
 - c. social
3. Influences on individual development
 - a. heredity
 - b. physiological changes
 - c. environmental factors
 - d. social experiences
 - e. climate change
4. Influences on the use of decision-making skills
 - a. peers, family, and the media,
 - b. past experiences
 - c. goals
5. Communication styles & decision-making skills in health and safety situations
 - a. active and reflective listening
 - b. assertiveness skills
 - c. refusal skills and consent
 - d. negotiation
 - e. digital citizenship
 - f. sexting
 - I. I/You messages
6. Effects of decision-making skills on significant health decisions

B. Community Health and Personal Safety

1. Strategies for dealing with conflict, harassment, intimidation, bullying, vandalism, and violence
 - a. conflict resolution
 - b. peer mediation
 - c. perceived or actual characteristics
 - d. recognize, resist, and report (3 R's of abuse)
2. Cyberbullying / Digital Citizenship / Online Safety
3. Study the contributions of African Americans in health and medicine
4. Study the social contributions of persons with disabilities and lesbian, gay, bisexual, and transgender people
5. Short- and long-term physical, social, and emotional impacts of abuse

6. Safety strategies & resources
 - a. home
 - b. fire
 - c. water
 - d. internet
 - e. environment
7. First aid procedures
 - a. situation and victim assessment
 - b. response to common injuries and conditions

C. Nutrition / Health Conditions / Diseases

1. Importance of Immune system
2. Impact of good nutrition
3. Prevention and control of diseases and health conditions
 - a. communicable vs. non-communicable diseases
 - b. local and state public health agencies
 - c. develop plan to address health issues
 - d. Lyme disease prevention
4. Overview of HIV/AIDS
 - a. meaning of HIV and AIDS acronyms

D. Avoidance of high-risk behaviors for HIV/AIDS Drugs/Alcohol/Tobacco/Dependency

1. Over-the-counter medicines
 - a. definition
 - b. labeling
 - c. drug safety
2. Safe practices for the use of prescription medicines
3. Overview of physical, social, mental/emotional effects of
 - a. tobacco
 - b. alcohol
 - c. inhalants and other drugs
 - d. marijuana
4. Factors that influence the use and abuse of alcohol, tobacco, and other drugs
 - a. peer pressure
 - b. family influence
 - c. curiosity
 - d. boredom
 - e. high risk behaviors
5. Dependency
 - a. stages
 - b. predisposition
6. Resources for Recovery

E. Growth and Development

1. Endocrine System
2. Influence of hormones, heredity and the environment
3. Puberty & the Reproductive System
4. Basic anatomy and physiology of males and females
5. Hygiene & personal care products
6. Introduce terms: gender identity, gender expression, and sexual orientation

Grade 7

A. Wellness and Development

1. Analysis of factors supporting healthy social and emotional development
2. Situations that may produce stress, description of the body's responses to stress, and demonstration of healthy ways to manage stress
 - a. stress and examples
 - b. short- and long-term problems
 - c. stress management for teens
 - d. time management

B. Community Health and Personal Safety

1. Short- and long-term physical, social, and emotional impacts of child abuse
2. Contributing factors and types of
 - a. conflict
 - b. harassment
 - c. intimidation
 - d. bullying (male, female, cyber)
3. Strategies to prevent conflict, harassment, intimidation, bullying, suicide
4. Effective responses to conflict, harassment, intimidation, bullying
5. Cyberbullying / Digital Citizenship / Online Safety
6. Home, school, and community resources
7. Consequences of conflict and bullying on the individual, the family, and the community
8. Reinforcement of active and reflective listening
9. Overview of the use of refusal, negotiation and assertiveness skills for improvement
10. Abstinence
 - a. benefits
 - b. strategies
 - c. pressures

C. Nutrition/Health Conditions/Disease /Medications

1. Impact of nutrients on body systems environment
2. Impact of healthy eating patterns reducing the risks of diseases and health conditions
 - a. types of fats
 - b. types of cholesterol
 - c. food allergies

3. Eating disorders
 - a. anorexia nervosa
 - b. bulimia
 - c. obesity
4. Examination of public health efforts to prevent and control diseases and health conditions

D. Drugs/Alcohol/Tobacco/Dependency

1. Factors that influence the use and abuse of alcohol, tobacco, and other drugs
2. Physical and behavioral effects of major drug classifications
3. Chemical impact of drugs and medicines
 - a. tolerance
 - b. synergistic effects
 - c. antagonistic effects
4. Harmful effects of tobacco
5. Harmful effects of alcohol
6. Harmful effects of inhalants, vaping, and other drugs
7. Health risks associated with injecting drug use
8. Impact of the use of alcohol and other drugs on decision making
 - a. psychological effects
 - b. physical effects
 - c. mental/emotional effects
9. Legal and financial consequences of the use, sale, and possession of illegal substances
10. Impact of substance abuse
 - a. individual
 - b. family
 - c. community
11. Dependency
 - a. physical, social and emotional indicators
 - b. stages

E. Growth and Development

1. Developmental benchmarks of adolescence
 - a. development of mature relationships
 - b. healthy body image
 - c. emotional independence
2. Factors for loving, healthy relationships
 - a. trust, love, cooperation
 - b. common interests and beliefs
 - c. mutual respect
3. Relationship dynamics
4. Family structures
 - a. types
 - b. benefits
 - c. changes

5. Dating
 - a. dating violence definition
 - b. safety guidelines
 - c. personal and family values
6. Differentiation of feelings
 - a. friendship
 - b. affection
 - c. attraction
 - d. love
7. Anatomy, physiology, and care of male and female reproductive systems
8. Abstinence
 - a. benefits
 - b. strategies
 - c. pressures
9. Impact of adolescent sexual activity
 - a. conflicts
 - b. pregnancy and parenthood
10. Potential impact of alcohol, tobacco, other drugs, medicines, diseases, and environmental hazards on pre-natal and post-natal development
11. Differentiate
 - a. gender identity
 - b. gender expression
 - c. sexual orientation

Grade 8

A. Wellness and Development

1. Health Triangle
2. Nervous System development & care
 - a. Prefrontal cortex, limbic system
 - b. Concussion prevention & management
 - c. Importance of sleep, hydration
3. Stress Management
 - a. Recognizing stress induced situations
 - b. Resiliency strategies to protect mental and emotional health
4. Environmental factors that contribute to stress/anxiety
5. Lifelong fitness and physical fitness

B. Community Health and Personal Safety

1. Factors and choices that contribute to the incidence of conflict, harassment, intimidation, bullying, vandalism and violence
 - a. 3 R's: recognize it, resist it, report it
 - b. safety in numbers
 - c. buddy system

2. Cyberbullying / Digital Citizenship / Online Safety
3. Short-term and long-term physical, social, and emotional impacts of all forms of abuse
4. Decision making skills in social situations
5. Applied use of refusal, negotiation, and assertiveness skills

C. Nutrition/Health Conditions/Diseases/Medications

1. Diagnosis and treatment of diseases and health conditions
2. Classifications of diseases and health conditions
 - a. communicable
 - b. non-communicable
 - c. acute
 - d. chronic
 - e. inherited
3. Examination of diseases and health conditions including:
 - a. hepatitis
 - b. STDs
 - c. HIV/AIDS
4. Investigation of local and state public health efforts to prevent and control diseases and health conditions
5. Exploration of health ideas, opinions, and issues from a variety of valid and reliable health sources

D. Drugs/Alcohol/Tobacco/Dependency

1. Physical and behavioral effects of drug classifications
 - a. narcotics
 - b. prescription drugs
 - c. stimulants
 - d. depressants
 - e. hallucinogens
 - f. club drugs
 - g. inhalants
 - h. anabolic steroids
2. The benefits and dangers of natural substances (herbal medicines and vitamins)
3. Chemical impact of drugs and medicines
 - a. tolerance
 - b. synergistic effects
 - c. antagonistic effects
4. Harmful effects of tobacco use
5. Harmful effects of alcohol
6. Harmful effects of inhalants, vaping, and other drugs
7. Analyze health risks associated with injected drug use
8. Legal and financial consequences of the use, sale, and possession of illegal substances
9. Impact of the use of alcohol and drugs on decision making
10. Impact of substance abuse on society

11. Dependency
a. heredity

- b. environment
- c. neurotransmitters

E. Growth / Development / Pregnancy and Parenthood

1. Routine health exams
 - a. breast
 - b. testicular
 - c. annual wellness examination
 - d. breast and testicular self-examination
2. Factors for loving, healthy relationships
3. Signs of unhealthy relationships
- a. Recognizing dating violence warning signs
4. Sexual abstinence
 - a. benefits
 - b. pressures
5. Sexual assault awareness and prevention
6. Challenges and responsibilities of teenage parents
 - a. economic
 - b. social
 - c. cultural
 - d. personal
 - e. Resources
7. Impacts of adolescent sexual activity
 - a. STDs
 - b. AIDS
 - c. pregnancy
 - d. teen parenting
 - e. interfamily relationships

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f. definitions

- g. risk
 - h. personal and family values
 - i. Pregnancy
 - j. signs and symptoms
 - k. hazards to fetal development
8. Differentiate
 - a. gender identity
 - b. gender expression
 - c. sexual orientation