

Middle School Health Education

Grade 8

Unit	Topics
Mental and Emotional Health	<ul style="list-style-type: none"> • Body Image • Disordered Eating • Stigma • Depression • Anxiety • Suicide • Addiction
Substance Use and Misuse Prevention	<ul style="list-style-type: none"> • Opioid Prevention • Fentanyl
Safety and Violence Prevention	<ul style="list-style-type: none"> • Technology safety • Social Media • Boundaries and consent • Discrimination and violence • Abuse and Assault • Trusted adults and responding to safety threats • Bystander intervention and compassion for victims
Healthy Eating	<ul style="list-style-type: none"> • Food choices • Nutrition and disease
Family Life and Human Sexuality	<ul style="list-style-type: none"> • Healthy Relationships and Consent • Harassment, teasing, and bullying • Anatomy and physiology • Sexual Health • Contraceptives • Sexual Orientation and Gender Identity.
Disease Prevention	<ul style="list-style-type: none"> • Infectious, Noninfectious, Acute, and Chronic Diseases
Health Skills taught throughout the units	<ul style="list-style-type: none"> • Analyzing Influences • Accessing Information • Interpersonal Communication • Decision making • Goal Setting • Self-Management • Advocacy