Health 8th Test out study guide-

Exam Content:
Michigan Standards for Health Education for grade 8 have been aligned to the CCS Health course.

Text: We do not use a text in this course.

Suggested Additional Resources:

- Use the resources online such as:
- http://www.cdc.gov
- http://www.kidshealth.org/
- www.fitness.gov/
- http://www.fda.gov/

Preparing for the Exam

- Review the below content and skills for each of the health topics.
- Use suggested additional resources to help you prepare for the test out.
- You need to earn a minimum of 78% on the exam to earn credit.

Taking the Exam

- The exam is a multiple choice test. You have 90 minutes to complete the exam.

After the Exam
You will be notified of the results of your exam. You will want to discuss with your counselor what changes to your schedule may occur based on the results of your exam.

Skills for Health & Life

Focus	Skills
The first unit of this one-semester curriculum focuses exclusively on introducing and practicing skills that are reinforced in subsequent units.	• Accessing information • Analyzing influences • Setting goals • Making healthy decisions • Using interpersonal communication • Practicing effective listening • Responding to the emotions of others • Communicating assertively • Asking effective questions

	• Practicing refusal skills • Using negotiation skills • Collaborating with peers • Developing self management skills • Advocating for health

Social & Emotional Health

Content	Skills
• Understanding self awareness • Recognizing and managing stress • Describing stress and depression • Locating resources for help regarding depression and suicide • Managing and resolving conflicts • Identifying positive and negative relationships • Exploring laws concerning bullying, harassment and sexual harassment • Learning the warning signs of dating abuse • Identifying where to get help for abusive relationships • Define mental illnesses and disorders • Identify possible symptoms and treatments for each mental illness and disorder.	• Using empathy • Getting help • Analyzing the validity of resources • Practicing conflict resolution • Negotiation • Setting goals • Identifying and avoiding dangerous situations

Nutrition & Physical Activity

Content	Skills
• Describing healthy and unhealthy weight management • Recognizing facts and myths regarding nutrition and physical performance • Assessing the importance of nutrition during pregnancy • Locating and assessing validity of nutrition resources • Analyzing food labels and federal guidelines for diet and physical activity • Practicing healthy eating in restaurants • Advocating for nutritional choices and physical activity at school	• Analyzing and assessing personal food intake • Assessing personal barriers to physical activity and developing solutions • Predicting benefits or consequences related to eating and physical activity behaviors • Developing healthy eating and physical activity behaviors • Using decision making • Setting goals • Accessing resources • Advocating for healthier food

• Understand the importance of all nutrients • Understand how the digestive system works and the importance of each part.	

Safety

Content	Skills
• Recognizing dangerous situations and when it is important to report to authorities • Developing strategies for resolving and managing potentially dangerous situations including conflicts involving weapons and gangs • Practicing strategies to stay safe in a violent situation • Analyzing effects of violence on individuals, families, communities and the nation • Using problem-solving and decision making skills to generate alternative solutions to social situations that may place one at risk • Predicting potential short and long term effects of choices	• Identifying, avoiding, and reporting dangerous situations • Practicing conflict resolution • Getting help from others • Analyzing influences on promotion and prevalence of violence • Using decision making and problem solving • Accessing reliable resources

Alcohol, Tobacco, & Other Drugs

Content	Skills
• Recognizing short- and long-term effects of alcohol, tobacco, marijuana, prescription medicines (e.g. opioids) and other drugs • Clarifying myths regarding use of alcohol, tobacco, marijuana, prescription medicines (e.g. opioids) and other drugs • Locating and assessing the validity of	• Advocating for a drug-free environment • Analyzing influences on drug use • Using decision making and problem solving • Advocating to reduce teen drug use • Accessing reliable information and resources • Avoiding exposure to and resisting use of alcohol, tobacco, marijuana,

drug-related information resources and services ● Describing financial, political, social, health, legal issues and influences related to alcohol, tobacco, marijuana, prescription medicines (e.g. opioids) and other drugs ● Analyzing internal and external pressures to use drugs ● Promoting a drug-free environment • Avoiding and resisting use of alcohol, tobacco, marijuana, prescription medicines (e.g. opioids) and other drugs	prescription medicines (e.g. opioids) and other drugs ● Practicing refusal skills ● Supporting others who want to stop using alcohol, tobacco, marijuana, prescription medicines (e.g. opioids) and other drugs

Personal Health & Wellness

Content	Skills
● Accessing valid information related to personal health issues and concerns ● Preventing spread of infectious diseases ● Recognizing the importance of sleep and rest ● Describing social influences on sun safety behaviors ● Understanding how to get regular health screenings, and finding quality health care ● Determining whether medical care is required based on symptoms ● Analyzing influences of media on personal health care product usage	● Accessing information ● Assessing validity of sources ● Listening effectively ● Asking effective questions ● Analyzing influences ● Using assertive communication

Healthy & Responsible Relationships: HIV, STI, & Pregnancy Prevention

Content	Skills
● Recognizing healthy relationships ● Building healthy relationships and intimacy ● Understanding the consequences of infection with HIV and other STIs ● Describing how HIV and other STIs are and are not transmitted ● Analyzing health risks of various	● Applying strategies to abstain from sex and/or reduce risk* ● Accessing reliable sources of information and help ● Avoiding and escaping risky situations ● Communicating respectfully and assertively ● Refusing pressure ● Identifying trouble situations

behaviors ● Knowing where to get HIV and other STI testing ● Determining the costs of pregnancy and teen parenting ● Identifying the laws and legal consequences of underage sex ● Recognizing situations requiring professional health services	● Analyzing influences on sexual behaviors ● Setting effective personal goals ● Advocating for peers to prevent HIV, other STIs and pregnancy