

**Middle School Health Education
Course: Health Grade 8**

Introduction to Health Unit		
Lesson Number	Lesson Topic	MSDE Standards
1	Wellness Components	<ul style="list-style-type: none"> Identify strategies to improve dimensions of wellness. 1a.8.2
2	Interpersonal Communication Skill Introduction	<ul style="list-style-type: none"> Standard 4: Interpersonal Communication – Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks

Mental and Emotional Health Unit		
Lesson Number	Lesson Topic	MSDE Standards
1 & 2	Advocacy Skill Introduction	<ul style="list-style-type: none"> Standard 8: Advocacy – Students will demonstrate the ability to advocate for personal, family, and community health
3, 4, & 5	Mental Health Disorders and Stigma	<ul style="list-style-type: none"> Summarize the negative impact of stigma on health-seeking behavior. 1a.8.23
6	Depression Awareness	<ul style="list-style-type: none"> Explain the causes, symptoms, and effects of depression. 1a.7.11
7 & 8	Suicide Awareness and Prevention	<ul style="list-style-type: none"> Explain the signs and symptoms of people who are in danger of hurting themselves or others and demonstrate how to tell a trusted adult. 1a.8.12 Describe the signs and symptoms of people who are in danger of hurting themselves or others. 1a.8.13 Explain the importance of telling an adult if there are people who are in danger of hurting themselves or others. 1a.8.14

Substance Abuse Prevention Unit		
Lesson Number	Lesson Topic	MSDE Standards
1	Drug Misuse and Addiction	<ul style="list-style-type: none"> Identify the negative effects of incorrect use of prescription drugs and over-the-counter medicines. 1b.7.1
2	Drug Classifications	<ul style="list-style-type: none"> Summarize the negative consequences of using alcohol, nicotine products, marijuana products, opioids (including the lethal effects of fentanyl), and other trending drugs or substances. 1b.8.1 Describe the relationship between substance use and health risks including unintentional injuries, violence, suicide, and sexual risk behaviors. 1b.8.2 Defend the benefits of being free from alcohol, opioids, nicotine products, marijuana products, and other trending drug or substances. 1b.8.4
3 & 4	Marijuana/Medical Marijuana	
5 & 6	Alcohol Awareness and Prevention	
7	Vaping	

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Disease Prevention and Control Unit

Lesson Number	Lesson Topic	MSDE Standards
1 & 2	Self-Management Skill Introduction	<ul style="list-style-type: none"> • Standard 7: Self-Management – Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks
3 & 4	Non-Communicable/Chronic Disease	<ul style="list-style-type: none"> • Demonstrate how to seek help and treatment for common infectious diseases and chronic diseases. 1f.8.1

Safety and Violence Prevention Unit

Lesson Number	Lesson Topic	MSDE Standards
1 & 2	Consent	<ul style="list-style-type: none"> • Distinguish between appropriate and inappropriate verbal and/or non-verbal interactions. 1d.8.4 • Explain the importance of setting and respecting personal limits/boundaries. 1d.8.5 • Describe why individuals have the right to refuse sexual contact. 1d.8.6 • Define affirmative consent. 1d.8.7 • Explain that no one has the right to touch anyone else in a sexual manner if they do not want to be touched. 1d.8.8
3 & 4	Abuse Prevention & Personal Boundaries	<ul style="list-style-type: none"> • Describe situations and behaviors that constitute sexual mistreatment grooming, harassment, abuse, assault, exploitation, and boundary violations. 1d.8.12 • List qualities of an adult whom a student can rely upon for support. 1d.8.13 • Identify a source of support that a student can go to if they or someone they know is being abused or assaulted. 1d.8.14 • Explain why a person who has been sexually mistreated, groomed, harassed, abused, assaulted, or exploited is not at fault. 1d.8.16

Family Life and Human Sexuality Unit

Lesson Number	Lesson Topic	MSDE Standards
1 & 2	Sexting – Reducing Risky Health Behaviors	<ul style="list-style-type: none"> • Analyze the negative consequences of sending sexually explicit pictures or messages by e-mail or cell phone or posting sexually explicit pictures on social media sites. 1c.8.19
3	Relationships	<ul style="list-style-type: none"> • Distinguish healthy relationships from unhealthy ones. 1c.8.1
4	Gender Identification and Sexual Orientation	<ul style="list-style-type: none"> • Explain sex assigned at birth and gender identity and explain how they may or may not differ. 1c.8.7 • Describe sexual identity and explain a range of identities related to sexual orientation. 1c.8.8 • Describe how intolerance can affect others when aspects of their sexuality are different from one's own. 1c.8.9
5 & 6	Reproductive Systems	<ul style="list-style-type: none"> • Summarize human reproductive systems including medically accurate names for internal and external genitalia and their functions. 1c.8.10
7	Human Reproduction	<ul style="list-style-type: none"> • Explain menstruation, fertilization, and implantation. 1c.8.11

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8 & 9	Sexually Transmitted Infections	<ul style="list-style-type: none">• Explain ways sexually active people can reduce the risk of HIV, and other STIs including condoms and preventative medications. 1c.8.13• Explain transmission methods of common sexually transmitted infections (STIs). 1f.8.3• Summarize ways to decrease the spread of STIs including HIV through abstinence, using condoms consistently and correctly when having sex, and practicing universal precautions. 1f.8.4• Describe the typical signs, symptoms, consequences, and treatment of STIs including HIV. 1f.8.5
10 & 11	Contraceptives	<ul style="list-style-type: none">• Describe ways sexually active people can reduce the risk of pregnancy. 1c.8.12• Explain ways sexually active people can reduce the risk of HIV, and other STIs including condoms and preventative medications. 1c.8.13