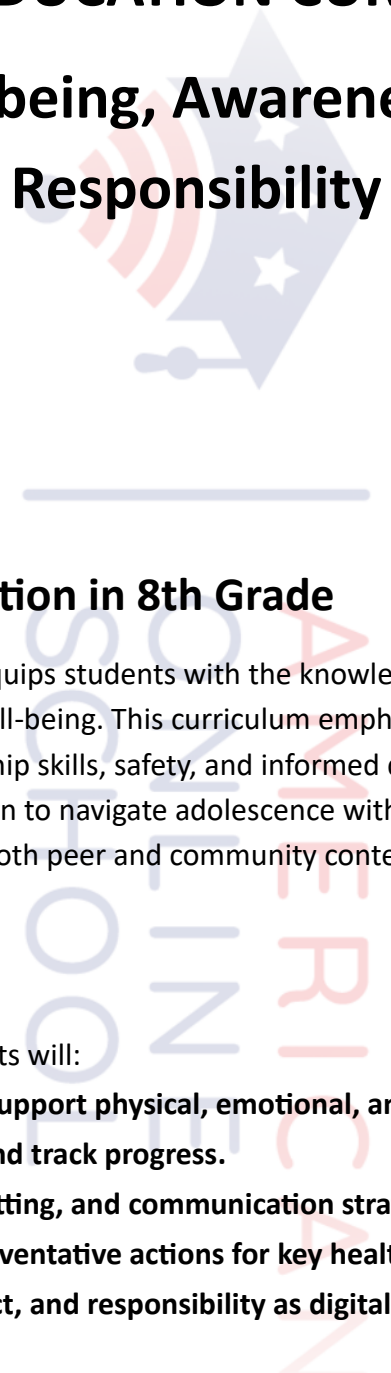


# 8th Grade American Online School

## HEALTH EDUCATION CURRICULUM

### Personal Wellbeing, Awareness, and Social Responsibility



Version Apr/2025

## 1. Introduction

---

### The Role of Art Education in 8th Grade

In 8th grade, health education equips students with the knowledge, skills, and strategies to take responsibility for their overall well-being. This curriculum emphasizes personal health, emotional intelligence, relationship skills, safety, and informed decision-making in the digital and physical world. Students learn to navigate adolescence with empathy, confidence, and awareness of their influence in both peer and community contexts.

By the end of this course, students will:

- ✓ **Make informed choices that support physical, emotional, and social health.**
  - ✓ **Set personal wellness goals and track progress.**
  - ✓ **Develop refusal, boundary-setting, and communication strategies.**
  - ✓ **Recognize risk factors and preventative actions for key health issues.**
  - ✓ **Demonstrate empathy, respect, and responsibility as digital and social citizens.**
-

## 2. Core Competence Areas

### HE1 Personal Health and Wellness

#### Learning Outcomes

By the end of this course, students will be able to:

- ✓ Establish daily routines for health and self-care.
- ✓ Evaluate the impact of lifestyle choices on well-being.
- ✓ Develop strategies for managing stress and energy.

#### Competencies

##### HE.1.A.1 – Practicing habits for physical well-being.

- Understand balanced nutrition and hydration needs.
- Evaluate sleep, hygiene, and movement routines.
- Create a weekly health plan aligned with personal goals.

##### HE.1.A.2 – Managing stress and wellness planning.

- Identify stressors and physiological responses.
- Apply mindfulness and time management strategies.
- Set and revise personal goals for emotional wellness.

---

### HE.2 Mental and Emotional Health

#### Learning Outcomes

By the end of this unit, students will be able to:

- ✓ Understand self-esteem, emotional regulation, and media influence.
- ✓ Recognize mental health challenges and coping techniques.
- ✓ Cultivate healthy digital habits and help-seeking behavior.

## Competencies

### HE.2.A.1 – Developing emotional intelligence and identity.

- Build emotional vocabulary and regulation strategies.
- Reflect on body image, peer pressure, and comparison culture.
- Foster self-compassion and confidence through goal-setting.

### HE.2.A.2 – Addressing mental strain and digital stress.

- Discuss mental health stigma and warning signs.
  - Evaluate screen use impacts on focus and mood.
  - Explore pathways for mental health support and advocacy.
- 

## HE.3 Growth, Development, and Sexual Health

### Learning Outcomes

By the end of this unit, students will be able to:

- ✓ Explore human development, reproductive health, and inclusion.
- ✓ Define consent, boundaries, and healthy relationship traits.
- ✓ Analyze media messages and gender norms critically.

### Competencies

#### HE.3.A.1 – Understanding puberty and human diversity.

- Review reproductive systems and adolescent changes.
- Discuss gender identity and inclusive communication.
- Analyze stereotypes and societal expectations.

#### HE.3.A.2 – Practicing respectful relationships.

- Define consent across social and digital situations.
  - Recognize signs of healthy vs. unhealthy relationships.
  - Explore STI prevention, abstinence, and contraception.
-

## HE.4 Substance Use and Abuse Prevention

### Learning Outcomes

By the end of this unit, students will be able to:

- ✓ Understand the effects of substances on the body and brain.
- ✓ Analyze peer and media influences.
- ✓ Practice refusal skills and promote prevention.

### Competencies

#### HE.4.A.1 – Understanding substance impact and choices.

- Identify substances and their physical/mental effects.
- Learn about addiction, dependence, and withdrawal.
- Analyze peer culture, commercials, and decision-making.

#### HE.4.A.2 – Building resilience and safety networks.

- Roleplay peer pressure scenarios and refusal techniques.
- Identify support systems and resources.
- Learn signs of misuse and how to help a peer.

---

## HE.5 Injury Prevention and Safety

### Learning Outcomes

By the end of this unit, students will be able to:

- ✓ Apply first aid basics and emergency protocols.
- ✓ Recognize physical and digital safety risks.
- ✓ Resolve conflicts with awareness and respect.

### Competencies

#### HE.5.A.1 – Responding to physical emergencies.

- Practice first aid for minor injuries.
- Understand when and how to call for help.
- Learn CPR and AED (age-appropriate).

### **HE.5.A.2 – Ensuring physical and digital safety.**

- Identify online privacy and cyberbullying risks.
  - Understand harassment, personal space, and boundaries.
  - Practice safe behaviors in sports and activities.
- 

## **HE.6 Social Health and Relationships**

### **Learning Outcomes**

By the end of this unit, students will be able to:

- ✓ **Communicate clearly in social settings.**
  - ✓ **Resolve peer conflict ethically.**
  - ✓ **Foster empathy and inclusive peer dynamics.**
- 

### **Competencies**

#### **HE.6.A.1 – Communicating with empathy.**

- Use active listening, tone awareness, and I-statements.
- Understand empathy's role in connection and trust.
- Reflect on school inclusion and belonging.

#### **HE.6.A.2 – Building positive relationships.**

- Identify toxic vs. healthy dynamics.
  - Navigate group influence and peer ethics.
  - Practice gratitude, assertiveness, and respect.
- 

## **HE.7 Consumer and Community Health**

### **Learning Outcomes**

By the end of this unit, students will be able to:

- ✓ **Evaluate health claims, services, and products.**
- ✓ **Navigate healthcare systems confidently.**
- ✓ **Advocate for wellness and informed health decisions.**

## Competencies

### HE.7.A.1 – Becoming a critical health consumer.

- Assess advertisements and label claims.
- Distinguish between credible and misleading health sources.
- Understand healthcare choices and insurance basics.

### HE.7.A.2 – Promoting advocacy and policy awareness.

- Learn patient rights and health privacy protocols.
  - Design and present youth health advocacy ideas.
  - Explore school-wide initiatives for wellness access.
- 

## HE.8 Disease Prevention and Health Promotion

### Learning Outcomes

By the end of this unit, students will be able to:

- ✓ Understand the immune system and prevent illness.
- ✓ Promote wellness through environmental and personal action.
- ✓ Raise awareness on global health concerns.

### Competencies

#### HE.8.A.1 – Supporting immunity and health habits.

- Distinguish between communicable and non-communicable diseases.
- Practice hygiene, vaccination awareness, and screening habits.
- Analyze pollution and environment-related health risks.

#### HE.8.A.2 – Advocating for prevention and community health.

- Investigate disparities in health access and solutions.
  - Identify volunteer and outreach opportunities.
  - Create public awareness materials for health promotion.
-

## 3. Assessment and Evaluation

### Formative Assessments – Monitoring Learning Progress

- ✓ Wellness journals and reflections.
- ✓ Interactive class discussions and scenario analysis.
- ✓ Self-assessments and peer evaluations.

### Summative Assessments – Demonstrating Mastery

- ✓ Written reflections and wellness plans.
- ✓ Creative campaigns (e.g., posters, PSAs).
- ✓ Presentations on health themes.
- ✓ Quizzes on health facts and processes.

### Authentic Assessment – Real-World Applications

- ✓ Campaign design for school or local health topics.
- ✓ Digital wellness audits and improvement plans.
- ✓ Participation in simulated emergency or peer situations.

---

## 4. Instructional Strategies for Online Learning

### Inquiry-Based and Problem-Based Learning

- ✓ Interactive journaling and emotion tracking.
- ✓ Scenario-based group discussions and simulations.

### Project-Based Learning (PBL)

- ✓ Media and ad literacy breakdowns.
- ✓ Digital tool use for wellness tracking and planning.

### Collaborative and transdisciplinary Learning

- ✓ Cross-curricular integration with science and social studies.
- ✓ Student-led campaigns, reflections, and peer workshops.