

## Syllabus for 8<sup>th</sup> Grade Health

### **Overview:**

The middle school health curriculum is designed to provide the students with information and learning experiences in order to live healthier lives.

**Textbook(s) and Other Resources used:** Health. New York: Holt, Rinehart, and Winston, 1999. National Institutes of Health Drug pamphlets. Online resources from sources listed on my website and the middle school library.

### **Outline of Content:**

#### **First Quarter**

**Topics:** Drugs, Alcohol and Tobacco: Over-the-counter, prescription, and illegal drugs, alcohol, stages of the addiction process, effects of drugs on the brain, treatment programs, resistance skills.

**Projects, papers, tests-schedule and types:** Drug Unit Project, Drug Unit Learning Log, Drug Unit Test.

#### **Second Quarter**

**Topics:** Communication and Relationships: Assertiveness, friendship, dating, internal pressure, “I” statements, values and personal rules.

**Projects, papers, tests-schedule and types:** Worksheets and skills practice, Relationship Unit Test.

#### **Third Quarter**

**Topics:** Anatomy of the Reproductive System: Endocrine system, male and female reproductive system and disorders, pregnancy and childbirth.

**Projects, papers, tests schedule and types.**  
Reproductive Crossword Puzzle, Reproductive Unit Test and quizzes.

#### **Fourth Quarter**

**Topics:** Human Sexuality: Sexual abstinence and refusal skills, Sexually transmitted diseases, contraception, sexual harassment, adoption and abortion.

**Projects, papers, tests-schedule and types:** No formal tests or projects

**Grading:** Grade is based on the school district’s grading policy.