

GRADE 8 HEALTH

All year, 1 hour per week

QUARTER 1

- Positive health practices, (good personal hygiene)
- Short and long term effects of Tobacco, Alcohol on the individual and the community
- Use and Abuse of legal and illegal substances,
- Self Esteem
- How peer relationships affect health. (eg. name calling, prejudice, exclusiveness, discrimination)

QUARTER 2

- Legal and Illegal Substance Use and Abuse and Family Life
- Sexuality.

QUARTER 3

- External factors that affect individual and community health.
- The relationship of family health to individual health.

QUARTER 4

- Teenage suicide and how to identify those in crisis.
- Death and dying
- Coping with loss
- The grieving process
- Homosexuality
- Bullying in Middle School
- Anger Management
- Consequences of consuming too much of "Fast Foods"