

USA Curriculum Mapping

CDC – National Health Education Standards (8th Grade)	
Standard	Descriptor
Standard 2 Students will analyse the influence of family, peers, culture, media, technology, and other factors on health behaviour.	2.8.2 Describe the influence of culture on health beliefs, practices and behaviours. 2.8.3 Describe how peers influence healthy and unhealthy behaviours. 2.8.4 Analyse how the school and community can affect personal health practices and behaviours. 2.8.7 Explain how the perceptions of norms influence healthy and unhealthy behaviours. 2.8.8 Explain the influence of personal values and beliefs on individual health practices and behaviours. 2.8.10 Explain how school and public health policies can influence health promotion and disease prevention.
Standard 4 Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	4.8.1 Apply effective verbal and non verbal communication skills to enhance health. 4.8.2 Demonstrate refusal and negotiation skills that avoid or reduce health risks. 4.8.3 Demonstrate effective conflict management or resolution strategies.
Standard 5 Students will demonstrate the ability to use decision-making skills to enhance health.	5.8.1 Identify circumstances that can help or hinder healthy decision making. 5.8.2 Determine when health-related situations require the application of a thoughtful decision-making process. 5.8.3 Distinguish when individual or collaborative decision making is appropriate.
Standard 6 Students will demonstrate the ability to use goal setting skills to enhance health.	6.8.1 Assess personal health practices. 6.8.2 Develop a goal to adopt, maintain, or improve a personal health practice. 6.8.3 Apply strategies and skills needed to attain a personal health goal.
Standard 8 Students will demonstrate the ability to advocate for personal, family, and community health.	8.8.1 State a health enhancing position on a topic and support it with accurate information. 8.8.2 Demonstrate how to influence and support others to make positive health choices. 8.8.3 Work Cooperatively to advocate for healthy individuals, families and schools.