

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