

Health: Grade 6-8

**Adams County/Ohio Valley
Course of Study**

Content Standard 1: Knows the availability and effective use of health services, products, and information.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows the costs and validity of common health products, services, and information.			

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Content Standard 1: Knows the availability and effective use of health services, products, and information.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows how to locate and use community health information, products, and services that provide valid health information.			

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Content Standard 1: Knows the availability and effective use of health services, products, and information.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows way to influence the consumer health service system (e.g., assertive consumerism, selecting providers, communicating complaints).			

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Content Standard 1: Knows the availability and effective use of health services, products, and information.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows community health consumer organizations and the advocacy services they provide (e.g., American Heart Association, American Lung Association, Diabetes Association).			

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Content Standard 1: Knows the availability and effective use of health services, products, and information.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows situations that require professional health services (e.g., management of health conditions such as asthma, diabetes).			

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Content Standard 2: Knows environmental and external factors that affect individual and community health.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows cultural beliefs, socioeconomic considerations, and other environmental factors within a community that influence the health of its members (e.g., relationship of values, socioeconomic status, and cultural experiences to the selection of health-care services).			

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Content Standard 2: Knows environmental and external factors that affect individual and community health.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Understands how various messages from the media, technology, and other sources impact health practices (e.g., health fads, advertising, misconceptions about treatment and prevention options).			

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Content Standard 2: Knows environmental and external factors that affect individual and community health.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows local, state, federal, and international efforts to contain an environmental crisis and prevent a recurrence (e.g., acid rain, oil spills, solid waste contamination, nuclear leaks, ozone depletion).			

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Content Standard 2: Knows environmental and external factors that affect individual and community health.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Understands how peer relationships affect health (e.g., name calling, prejudice, exclusiveness, discrimination, risk-taking behaviors).			

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Content Standard 3: Understands the relationship of family health to individual health.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows strategies that improve or maintain family health (e.g., how one's personal behavior can affect the behavior and feelings of other family members).			

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Content Standard 3: Understands the relationship of family health to individual health.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Understands the development of adolescent independence.			

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Content Standard 3: Understands the relationship of family health to individual health.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows how communication techniques can improve family life (e.g., talking openly and honestly with parents when problems arise).			

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Content Standard 4: Knows how to maintain mental and emotional health.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows strategies to manage stress and feelings caused by disappointment, separation, or loss (e.g., talking over problems with others, understanding that feelings of isolation and depression will pass, examining the situation leading to the feelings).			

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Content Standard 4: Knows how to maintain mental and emotional health.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows characteristics and conditions associated with positive self-esteem.			

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Content Standard 4: Knows how to maintain mental and emotional health.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows appropriate ways to build and maintain positive relationships with peers, parents, and other adults (e.g., interpersonal communication).			

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Content Standard 4: Knows how to maintain mental and emotional health.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Understands the difference between safe and risky or harmful behaviors in relationships.			

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Content Standard 4: Knows how to maintain mental and emotional health.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows techniques for seeking help and support through appropriate resources.			

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Content Standard 5: Knows essential concepts and practices concerning injury prevention and safety.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows injury prevention strategies for family health (e.g., having a personal and family emergency plan, including maintaining supplies in readiness for emergencies; identifying and removing safety hazards in the home).			

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Content Standard 5: Knows essential concepts and practices concerning injury prevention and safety.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows strategies for managing a range of situations involving injury (e.g., first aid, procedures, abdominal thrust maneuver, cardiopulmonary resuscitation).			

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Content Standard 5: Knows essential concepts and practices concerning injury prevention and safety.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows potential signs of self- and other-directed violence.			

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Content Standard 5: Knows essential concepts and practices concerning injury prevention and safety.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows various possible causes of conflict among youth in schools and communities, and strategies to manage conflict.			

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Content Standard 5: Knows essential concepts and practices concerning injury prevention and safety.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows how refusal and negotiation skills can be used to enhance health.			

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Content Standard 6: Understands essential concepts about nutrition and diet.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Understands how eating properly can help reduce health risks (in terms of anemia, dental health, osteoporosis, heart disease, cancer, malnutrition).			

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Content Standard 6: Understands essential concepts about nutrition and diet.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows appropriate methods to maintain, lose, or gain weight according to individual needs and scientific research.			

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Course of Study**

Content Standard 6: Understands essential concepts about nutrition and diet.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows eating disorders that affect health adversely (e.g., anorexia, overeating, bulimia).			

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Course of Study**

Content Standard 6: Understands essential concepts about nutrition and diet.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows the principals of food safety involved with food storage and preparation (e.g., proper refrigeration, hand washing, proper cooking and storage temperatures.			

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Content Standard 7: Knows how to maintain and promote personal health.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows personal health strengths and risks (e.g., results of a personal health assessment).			

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Content Standard 7: Knows how to maintain and promote personal health.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows how positive health practices and appropriate health care can help to reduce health risks (e.g., good personal hygiene, health screenings, self-examinations).			

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Content Standard 7: Knows how to maintain and promote personal health.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows strategies and skills that are used to attain personal health goals (e.g., maintaining an exercise program, making healthy food choices).			

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Content Standard 7: Knows how to maintain and promote personal health.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Understands how changing information, abilities, priorities, and responsibilities influence personal health goals.			

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Content Standard 7: Knows how to maintain and promote personal health.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows how health is influenced by the interaction of body systems.			

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Content Standard 8: Knows essential concepts about the prevention and control of disease.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Understands how lifestyle, pathogens, family history, and other risk factors are related to the cause of prevention of disease and other health problems.			

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Content Standard 8: Knows essential concepts about the prevention and control of disease.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows communicable, chronic, and degenerative disease processes and the differences between them.			

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Content Standard 8: Knows essential concepts about the prevention and control of disease.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Understand personal rights and responsibilities involved in the treatment of disease (e.g., proper use of medication; the influence of family and culture on the treatment of disease.			

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Content Standard 9: Understands aspects of substance use and abuse.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows conditions that may put people at higher risk for substance abuse problems (e.g., genetic inheritability, substance abuse in family, low frustration tolerance).			

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Content Standard 9: Understands aspects of substance use and abuse.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows factors involved in the development of a drug dependency and the early, observable signs and symptoms (e.g., tolerance level, drug-seeking behavior, loss of control, denial).			

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Content Standard 9: Understands aspects of substance use and abuse.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows the short-and long-term consequences of the use of alcohol, tobacco, and other drugs (e.g., physical consequences such as shortness of breath, cirrhosis, lung cancer, emphysema; psychological consequences such as low self-esteem, paranoia, depression, apathy; social consequences such as crime, domestic violence, loss of friends).			

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Content Standard 9: Understands aspects of substance use and abuse.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows public policy approaches to substance abuse control and prevention (e.g., pricing and taxation, warning labels, regulation of advertising, restriction of alcohol consumption at sporting events).			

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Content Standard 9: Understands aspects of substance use and abuse.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows community resources that are available to assist people with alcohol, tobacco, and other drug problems.			

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Content Standard 10: Understands the fundamental concepts of growth and development.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Understands how the human body changes as people age (e.g., muscles and joints become less flexible, bones and muscles lose mass, energy levels diminish, senses become less acute).			

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Content Standard 10: Understands the fundamental concepts of growth and development.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows the similarities and differences between male and female sexuality.			

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Content Standard 10: Understands the fundamental concepts of growth and development.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Understands the processes of conception, prenatal development, and birth.			

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Content Standard 10: Understands the fundamental concepts of growth and development.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows strategies for coping with concerns and stress related to the changes that occur during adolescence.			