

Georgia Health Education

Grade 8

Adopted 2021

Eighth Grade (18.09100)

1. Comprehend concepts related to health promotion and disease prevention to enhance health. HE8.1

- a. Analyze the relationships between behaviors and personal health. HE8.1.A
- b. Summarize the interrelationships of personal health and well-being. HE8.1.B
- c. Analyze how the environment affects personal health. HE8.1.C
- d. Research how heredity can impact personal health and well-being. HE8.1.D
- e. Describe ways to reduce or prevent injuries and other adolescent health occurrences. HE8.1.E
- f. Explain how comprehensive health care can promote personal health and well-being. HE8.1.F
- g. Describe the benefits of and barriers to practicing behaviors that impact personal health and well-being. HE8.1.G
- h. Examine the correlation and impact of injury or illness if engaging in unhealthy behaviors. HE8.1.H
- i. Understand the relationship between key nutrients in food sources to promote health and prevent chronic disease. HE8.1.I
- j. Compare ways to reduce or prevent injuries. HE8.1.J
- k. Describe how sharing or posting personal information electronically about self or others on social media sites can negatively impact the personal safety of self or others. HE8.1.K
- l. Describe types of violent behaviors and available resources to obtain support. HE8.1.L
- m. Examine the dynamics of healthy and unhealthy relationships. Students should be made aware that they have the right to refuse to participate in activities (drug use, criminal, sex, bullying ex...) and such activities should be reported to a trusted adult. HE8.1.M
- n. Identify the qualities of a healthy dating relationship. HE8.1.N
- o. Analyze the signs, symptoms, and resources for people who engage in self-harming behavior. Discuss resources available to combat the behavior. HE8.1.O
- p. Understand school policy and state laws regarding the use, possession, and sale of substances. HE8.1.P
- q. Explain the relationship between intravenous drug use and the transmission of blood-borne diseases. HE8.1.Q
- r. Explain the unintended outcomes of risky behavior. HE8.1.R
- s. Discuss the unintended physical, mental, emotional, financial, educational, legal, and social outcomes of sexual activity. HE8.1.S
- t. Identify signs and situations that contribute to Human Trafficking HE8.1.T
- u. Describe where to report concerns and seek out help concerning Human Trafficking HE8.1.U

v. Explain the legal age of consent in Georgia. [HE8.1.V](#)

2. Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. [HE8.2](#)

- a. Analyze how family, peers, culture, and environment influence personal health and well-being and family health. [HE8.2.A](#)
 - b. Explain how adolescent perceived norms influence healthy and unhealthy behaviors. [HE8.2.B](#)
 - c. Explain the influence of personal values and beliefs on individual health practices and behaviors. [HE8.2.C](#)
 - d. Explain the harmful effects of pornographic media, messaging, and images. [HE8.2.D](#)
 - e. Describe how some health risk behaviors can influence the likelihood of engaging in other unhealthy behaviors. [HE8.2.E](#)
 - f. Explain how school and public health policies can influence health promotion and disease prevention. [HE8.2.F](#)
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3. Demonstrate the ability to access valid information, products, and services to enhance health. [HE8.3](#)

- a. Analyze the validity of health information, products, and services to promote personal health and well-being and prevent disease. [HE8.3.A](#)
 - b. Critique valid health information from home, school, and community, to enhance personal health and well-being. [HE8.3.B](#)
 - c. Analyze products that enhance well-being and the accessibility of those products within the community. [HE8.3.C](#)
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4. Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. [HE8.4](#)

- a. Apply effective verbal and nonverbal communication skills to enhance personal health and well-being. [HE8.4.A](#)
- b. Demonstrate refusal and negotiation skills that avoid or reduce health risks. [HE8.4.B](#)
- c. Demonstrate effective conflict management and/or resolution strategies. [HE8.4.C](#)
- d. Model how to ask for assistance to enhance the health of self and others. [HE8.4.D](#)

5. Demonstrate the ability to use decision-making skills to enhance health. HE8.5

- a. Identify health-related situations that might require a health-enhancing decision. HE8.5.A
- b. Analyze when assistance is needed in making a health-related decision. HE8.5.B
- c. Discuss healthy options to promote well-being and prevent disease. HE8.5.C
- d. Critique the potential outcomes of health-related scenarios when making a decision. HE8.5.D
- e. Support choosing a healthy option when making a decision. HE8.5.E

6. Demonstrate the ability to use goal-setting skills to enhance health. HE8.6

- a. Evaluate personal health practices. HE8.6.A
- b. Develop a goal to adopt, maintain, or improve a personal health practice. HE8.6.B
- c. Outline the strategies and skills necessary to attain a personal health goal. HE8.6.C
- d. Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. HE8.6.D
- e. Explain how risky health behaviors can affect achieving long-term health goals HE8.6.E

7. Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. HE8.7

- a. Connect the relationship between assuming responsibility for personal health and avoiding risky behaviors. HE8.7.A
- b. Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others. HE8.7.B
- c. Analyze and apply behaviors that eliminate or reduce health risks to self and/or others. HE8.7.C

8. Demonstrate the ability to advocate for personal, family, and community health. HE8.8

- a. Debate a health issue using evidence-based information. HE8.8.A
- b. Design strategies that will influence and support others to make positive health choices. HE8.8.B
- c. Collaborate with others to advocate for the personal health and well-being of individuals, families, and schools. HE8.8.C
- d. Analyze ways in which health messages and communication methods can be delivered for all audiences. HE8.8.D