



MENDHAM TOWNSHIP COMPREHENSIVE HEALTH CURRICULUM

GRADE 8

Health Curriculum

- I. Mental, emotional and Social Health
 - A. Emotions and expressions of feelings 218E2
 - B. Personality traits, goals, values and beliefs 228B3
 - C. Peer pressure and decision making skills 228B1-2
 - D. Identifying signs/symptoms and strategies to help friends in trouble with:
 - 1. Depression 218C3 218E1 228E1-2 248A3
 - 2. Suicide 218C3 228E2 248A3
 - 3. Stress 218E4
- II. Character Education
 - A. Character and morals 228C1
 - B. Volunteerism and society 228D1
 - C. Team building 228C1
 - D. Identifying differences among people 228C2 228D2
 - 1. Down's Syndrome
 - 2. Deafness
 - 3. Blindness
 - 4. Cerebral Palsy
 - 5. Paralysis
- III. Physical Health
 - A. Non-communicable diseases 218C1-2
 - 1. Lyme Disease
 - B. Communicable diseases acquired through risky behaviors 218C1
 - 1. STDs
 - 2. HIV/AIDS
- IV. Drugs and Alcohol
 - A. Narcotics 238B1-2,5-6
 - 1. Heroin 238B8
 - B. Tobacco and smokeless tobacco 238B3-4
 - C. Marijuana 238B1-2,5-6
 - D. Inhalants 238B7
 - E. Designer drugs 238B1-2, 5-6
 - 1. Ecstasy
 - 2. GHB
 - F. Depressants 238B1-2, 5-6
 - 1. Alcohol
 - G. Refusal Skills and role playing 228A1-2, B1



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GRADE 8

Family Life

- V. Family Life (co-ed)
 - A. Sexual harassment and flirting 248A5
 - 1. “Boys will be boys”
 - B. Exploring parental relationships throughout puberty 248A1-2
 - C. Analyzing the importance of the Endocrine System and the body 248A1-2
 - D. Comparing/contrasting changes that occur in the male/female reproductive systems throughout puberty 248B1
 - E. Role playing techniques to help avoid sexual pressure 248B2
 - F. Understanding the process of fertilization and the development of the embryo/fetus/birth 248C1-2
 - G. Dating, marriage, and relationships 248A4-6
 - H. Disease Prevention 248B6
 - 1. Testicular cancer
 - 2. Breast cancer
 - I. Pregnancy and parenting 248B2-4 248C1-5