

Fulton County Schools Middle School Health Curriculum

	6 th Grade Objectives	7 th Grade Objectives	8 th Grade Objectives
Personal Health and Wellness	<ul style="list-style-type: none"> Identify parts of the health triangle (Mental/Emotional, Social, Physical) HE6.1 Identify how to keep a balanced health triangle HE6.1 Identify appropriate decision making skills HE6.1 Identify steps in goal setting HE6.1 	<ul style="list-style-type: none"> Identify the risk factors that affect your health and advocate positive lifestyle habits HE7.5 Exhibit personal behaviors that promote emotional health and wellness HE7.6 & HE7.8 	<ul style="list-style-type: none"> Identify the top ten causes of death in the US and the factors that cause them (Environment, Heredity, & Behavior) HE8.1
Mental and Emotional Health	<ul style="list-style-type: none"> Identify appropriate conflict resolution methods HE6.1 Identify different roles associated with bullying (Bystander, Target, Aggressor) HE6.1 Describe how bullying and social media can affect one's health triangle HE6.1 & HE6.2 Describe the effects of violence in the media HE6.1 & HE6.2 	<ul style="list-style-type: none"> Define stress and anxiety HE7.1 Identify the cause of stress and anxiety HE7.1 Identify the symptoms of stress and anxiety HE7.1 Identify how to cope with stress and anxiety HE7.2 Discuss how to use communication skills to deal with stress and anxiety HE7.4 Define self-image and discuss the importance HE7.1 Identify appropriate emotions (Attitude & Anger) HE7.4 Identify and discuss digital citizenship (Social media safety) HE7.2 	<ul style="list-style-type: none"> Identify mental disorders and their effect on health (Anxiety, Depression, Binge Eating, Bulimia, Anorexia, & Obesity) HE8.1 Identify and classify appropriate social media behavior HE8.2 Identify the role of the media in mental and emotional health HE8.2
Safety and First Aid	<ul style="list-style-type: none"> Analyze the accident chain (Steps to take in an emergency) HE6.5 Discuss how to stay safe during extreme weather HE6.5 	<ul style="list-style-type: none"> Identify and demonstrate proper first aid procedures for shock and severe bleeding HE7.7 Identify risk behaviors and how to avoid them HE7.7 	<ul style="list-style-type: none"> Demonstrate proper first aid procedures for life threatening situations: Hands Only CPR, AED, and the Heimlich Maneuver HE8.7

Fulton County Schools Middle School Health Curriculum

	<ul style="list-style-type: none"> Recognize proper water safety HE6.7 Recognize proper safety at home and away HE6.7 		
Nutrition	<ul style="list-style-type: none"> Identify six essential nutrients HE6.3 Apply <i>ChooseMyPlate</i> guide to identify balanced meals HE6.3 	<ul style="list-style-type: none"> Identify healthy choices by using nutrition labels HE7.3 Assess nutritional value of local restaurants HE7.3 Explain and connect eating in moderation with proper nutrition and exercise HE7.5 	<ul style="list-style-type: none"> Analyze realities about nutrition (Artificial sweeteners, preservatives, low fat/no fat, FAD diets, FDA, gluten free) HE8.1 Assess personal diet (Resource: Super Tracker - Emphasis on nutrient-dense foods) HE8.5 & HE8.6
Tobacco, Alcohol, Marijuana, and Other Drugs	<ul style="list-style-type: none"> Introduce marijuana, alcohol, and tobacco HE6.1 Describe why people start using gateway drugs HE6.7 Recognize the ingredients in cigarettes and marijuana, along with their harmful effects HE6.7 Practice and demonstrate refusal skills for opposing pressures to use marijuana, alcohol, and tobacco HE6.4 	<ul style="list-style-type: none"> Discuss harmful consequences of alcohol, tobacco, & marijuana HE7.7 Identify the short term and long term effects of alcohol, tobacco, and marijuana use on body systems (Circulatory system, respiratory system, digestive system, & nervous system) HE7.1 Identify the purpose of advertisements related to alcohol, tobacco, and marijuana HE7.2 Identify tactics used by advertisers to target specific age groups for alcohol, tobacco, and marijuana HE7.2 Define addiction phases and withdrawal for alcohol, tobacco, and marijuana HE7.1 	<ul style="list-style-type: none"> Recognize signs and symptoms of chemical dependency of heroin, meth, hallucinogens, cocaine, prescription drugs, designer drugs (Molly and ecstasy) and steroids HE8.1 Assess the consequences of drug use on the fetus HE8.1 & HE8.5 Introduce and investigate the use of e-cigarettes and hookah HE8.2 & HE8.3 Incorporate current statistics (CDC) related to underage drinking, including binge drinking HE8.3 Discuss the effects of drugs on the reproductive and nervous systems HE8.1
Disease Prevention	<ul style="list-style-type: none"> Identify strategies for preventing, detecting, and controlling non-infectious diseases HE6.5 Discuss the effects on non-infectious diseases on the immune system HE6.1 Discuss the importance of personal hygiene HE6.1 	<ul style="list-style-type: none"> Identify strategies for preventing, detecting, and controlling infectious diseases HE7.1 	<ul style="list-style-type: none"> Analyze causes, prevention, and treatment options for communicable and non-communicable diseases HE8.7 & HE8.8

Fulton County Schools Middle School Health Curriculum

Sexual Education	<ul style="list-style-type: none"> • Describe and demonstrate appropriate ways to express and deal with emotions and feelings HE6.4 • Summarize the benefits of talking with trusted adults about feelings HE6.8 • Demonstrate effective communication skills to express feelings appropriately and maintain healthy relationships HE6.4 • Demonstrate the ability to use self-control HE6.5 • Explain how HIV and common STI's are transmitted HE6.1 • Summarize and label male and female reproductive body parts and functions HE6.1 	<ul style="list-style-type: none"> • Describe healthy ways to express affection, love, friendship and concern HE7.4 • Describe effective strategies for dealing with difficult relationships with family members, peers, boyfriends or girlfriends HE7.4 • Analyze the risks of impulsive behavior HE7.5 • Describe conception and its relationship to the menstrual cycle HE7.1 • Describe the signs and symptoms of common STI's HE7.1 • Describe how personal and family values influence decisions about sexual behaviors and relationships HE7.2 • Describe a variety of external influences, such as parents, the media, culture, peers and society that affect sexual decision-making and sexual behavior HE7.2 • Demonstrate how to communicate clear expectations, boundaries, and personal safety strategies HE7.4, HE7.7 & HE 7.8 • Summarize the benefits of sexual abstinence HE7.5 & HE7.7 	<ul style="list-style-type: none"> • Compare and contrast healthy and unhealthy relationships HE8.7 • Explain the qualities of a healthy dating relationship HE8.7 • Describe situations that could lead to pressure for sex and strategies to avoid them HE8.7 • Explain why individuals have the right to refuse sexual contact HE8.8 • Recognize techniques that are used to coerce or pressure someone to have sex HE8.4 • Describe the relationship between using alcohol and other drugs and sexual risk behaviors HE8.7 • Explain the short and long-term consequences of HIV and STI's, and summarize which can be cured and which can be treated HE8.1 & HE8.7 • Describe why sexual abstinence is the safest, most effective risk avoidance method of protection from HIV and other STI's and pregnancy HE8.7 • Demonstrate the ability to access appropriate community resources about puberty, sexual health, and family relationships HE8.8 • Identify verbal and nonverbal communication that constitutes sexual harassment HE8.4 • Explain the possible consequences of early sexual behavior and the emotional, social and physical benefits for delaying behavior
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Fulton County Schools Middle School Health Curriculum

			<p>HE8.5 & HE8.7</p> <ul style="list-style-type: none">• Plan strategies for maintaining sexual abstinence and explain how early sexual behavior can affect achieving long-term goals <p>HE8.7 & HE8.8</p> <ul style="list-style-type: none">• Demonstrate ways to encourage friends to remain sexually abstinent or return to abstinence if sexually active <p>HE8.7 & HE8.8</p> <ul style="list-style-type: none">• Demonstrate ways to communicate the benefits of protecting oneself from pregnancy and infections from HIV and other STI's <p>HE8.4</p>
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