

Health 8  
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**Health Education Content Areas:**

Community Health  
Consumer Health  
Environmental Health  
Family Life  
Personal Health  
Prevention/Control of Disease  
Substance Use/Abuse

**National Health Education Standards:**

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Standard 3: Students will demonstrate the ability to access valid information and products and services to enhance health.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Standard 5: Students will use decision making skills to enhance health.

Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Standard 8: Students will demonstrate the ability to advocate for personal, family and community health.

**Adolescent Risk Behaviors:**

Alcohol and Other Drug Use

Injury and Violence

Risky Sexual Behavior