

# Health 7-8, 2016

## Standards & Units

NJ Core Curriculum Content Standards > Comprehensive Health and Physical Education > Grades: 7-8(2014)	
{HPE.2.1.8} All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.	
{HPE.2.1.8.A} Personal Growth and Development	
{HPE.2.1.8.A.4} Determine the impact of marketing techniques on the use of personal hygiene products, practices, and services.	<b>Unit #1, Health, Wellness, Gr. 7</b> <b>Unit #1, Health: Wellness, Gr. 8</b>
{HPE.2.1.8.A.3} Relate advances in technology to maintaining and improving personal health.	<b>Unit #1, Health, Wellness, Gr. 7</b> <b>Unit #1, Health: Wellness, Gr. 8</b>
{HPE.2.1.8.A.1} Assess and apply Health Data to enhance each dimension of personal wellness.	<b>Unit #1, Health, Wellness, Gr. 7</b> <b>Unit #1, Health: Wellness, Gr. 8</b>
{HPE.2.1.8.A.2} Compare and contrast the impact of genetics, family history, personal health practices, and environment on personal growth and development in each life stage.	<b>Unit #1, Health, Wellness, Gr. 7</b> <b>Unit #1, Health: Wellness, Gr. 8</b>
{HPE.2.1.8.B} Nutrition	
{HPE.2.1.8.B.4} Analyze the nutritional values of new products and supplements.	<b>Unit #1, Health: Wellness, Gr. 8</b>
{HPE.2.1.8.B.3} Design a weekly nutritional plan for families with different lifestyles, resources, special needs, and cultural backgrounds.	<b>Unit #1, Health: Wellness, Gr. 8</b>
{HPE.2.1.8.B.2} Identify and defend healthy ways for adolescents to lose, gain, or maintain weight.	<b>Unit #1, Health: Wellness, Gr. 8</b>
{HPE.2.1.8.B.1} Analyze how culture, health status, age, and eating environment influence personal eating patterns and recommend ways to provide nutritional balance.	<b>Unit #1, Health: Wellness, Gr. 8</b>
{HPE.2.1.8.C} Diseases and Health Conditions	
{HPE.2.1.8.C.2} Analyze local, state, national, and international public health efforts to prevent and control diseases and health conditions.	<b>Unit #1, Health: Wellness, Gr. 8</b>
{HPE.2.1.8.C.1} Evaluate emerging methods to diagnose and treat diseases and health conditions that are common in young adults in the United States and other countries, including hepatitis, sexually transmitted infections, HIV/AIDS, breast cancer, HPV, and testicular cancer.	<b>Unit #1, Health: Wellness, Gr. 8</b>
{HPE.2.1.8.C.3} Analyze the impact of mental illness (e.g., depression, impulse disorders such as gambling or shopping, eating disorders, and bipolar disorders) on physical, social, and emotional well-being.	<b>Unit #1, Health: Wellness, Gr. 8</b>
{HPE.2.1.8.D} Safety	
{HPE.2.1.8.D.3} Analyze the causes and the consequences of noncompliance with the traffic safety system.	<b>Unit #1, Health: Wellness, Gr. 8</b>
{HPE.2.1.8.D.2} Describe effective personal protection strategies used in public places and what to do when one's safety is compromised.	<b>Unit #1, Health, Wellness, Gr. 7</b> <b>Unit #1, Health: Wellness, Gr. 8</b>
{HPE.2.1.8.D.4} Demonstrate first-aid procedures, including victim and situation assessment, Basic Life Support, and the care of head trauma, bleeding and wounds, burns, fractures, shock, and poisoning.	<b>Unit #1, Health: Wellness, Gr. 8</b>
{HPE.2.1.8.D.1} Assess the degree of risk in a variety of situations and identify strategies to reduce intentional and unintentional injuries to self and others.	

	<b>Unit #1, Health, Wellness, Gr. 7</b>
	<b>Unit #1, Health: Wellness, Gr. 8</b>
{HPE.2.1.8.E} Social and Emotional Health	
{HPE.2.1.8.E.2} Determine the effectiveness of existing home, school, and community efforts to address social and emotional health and prevent conflict.	
	<b>Unit #1, Health, Wellness, Gr. 7</b>
	<b>Unit #1, Health: Wellness, Gr. 8</b>
{HPE.2.1.8.E.4} Compare and contrast stress management strategies that are used to address various types of stress-induced situations.	
	<b>Unit #1, Health, Wellness, Gr. 7</b>
	<b>Unit #1, Health: Wellness, Gr. 8</b>
{HPE.2.1.8.E.1} Analyze how personal assets, resiliency, and protective factors support healthy social and emotional health.	
	<b>Unit #1, Health, Wellness, Gr. 7</b>
	<b>Unit #1, Health: Wellness, Gr. 8</b>
{HPE.2.1.8.E.3} Explain how culture influences the ways families and groups cope with crisis and change.	
	<b>Unit #1, Health, Wellness, Gr. 7</b>
	<b>Unit #1, Health: Wellness, Gr. 8</b>
{HPE.2.2.8} All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.	
{HPE.2.2.8.A} Interpersonal Communication	
{HPE.2.2.8.A.1} Compare and contrast verbal and nonverbal interpersonal communication strategies in a variety of settings and cultures in different situations.	
	<b>Unit #2, Health: Personal and Interpersonal Communication, Gr. 8</b>
{HPE.2.2.8.A.2} Demonstrate the use of refusal, negotiation, and assertiveness skills when responding to peer pressure, disagreements, or conflicts.	
	<b>Unit #2, Health: Personal and Interpersonal Communication, Gr. 8</b>
{HPE.2.2.8.B} Decision-Making and Goal Setting	
{HPE.2.2.8.B.2} Justify when individual or collaborative decision-making is appropriate.	
	<b>Unit #2, Health, Personal and Interpersonal Communication, Gr. 7</b>
	<b>Unit #2, Health: Personal and Interpersonal Communication, Gr. 8</b>
{HPE.2.2.8.B.3} Analyze factors that support or hinder the achievement of personal health goals during different life stages.	
	<b>Unit #2, Health, Personal and Interpersonal Communication, Gr. 7</b>
	<b>Unit #2, Health: Personal and Interpersonal Communication, Gr. 8</b>
{HPE.2.2.8.B.1} Predict social situations that may require the use of decision-making skills.	
	<b>Unit #2, Health, Personal and Interpersonal Communication, Gr. 7</b>
	<b>Unit #2, Health: Personal and Interpersonal Communication, Gr. 8</b>
{HPE.2.2.8.C} Character Development	
{HPE.2.2.8.C.3} Hypothesize reasons for personal and group adherence, or lack of adherence, to codes of conduct at home, locally, and in the worldwide community.	
	<b>Unit #2, Health, Personal and Interpersonal Communication, Gr. 7</b>
	<b>Unit #2, Health: Personal and Interpersonal Communication, Gr. 8</b>
{HPE.2.2.8.C.2} Analyze to what extent various cultures have responded effectively to individuals with disabilities.	
	<b>Unit #2, Health, Personal and Interpersonal Communication, Gr. 7</b>
	<b>Unit #2, Health: Personal and Interpersonal Communication, Gr. 8</b>
{HPE.2.2.8.C.1} Analyze strategies to enhance character development in individual, group, and team activities.	
	<b>Unit #2, Health, Personal and Interpersonal Communication, Gr. 7</b>
	<b>Unit #2, Health: Personal and Interpersonal Communication, Gr. 8</b>
{HPE.2.2.8.D} Advocacy and Service	
{HPE.2.2.8.D.1} Plan and implement volunteer activities to benefit a local, state, national, or world health initiative.	
	<b>Unit #2, Health, Personal and Interpersonal Communication, Gr. 7</b>
	<b>Unit #2, Health: Personal and Interpersonal Communication, Gr. 8</b>

{HPE.2.2.8.D.2} Defend a position on a health or social issue to activate community awareness and responsiveness.	<b>Unit #2, Health, Personal and Interpersonal Communication, Gr. 7</b> <b>Unit #2, Health: Personal and Interpersonal Communication, Gr. 8</b>
{HPE.2.2.8.E} Health Services and Information	
{HPE.2.2.8.E.2} Compare and contrast situations that require support from trusted adults or health professionals.	<b>Unit #2, Health, Personal and Interpersonal Communication, Gr. 7</b> <b>Unit #2, Health: Personal and Interpersonal Communication, Gr. 8</b>
{HPE.2.2.8.E.1} Evaluate various health products, services, and resources from different sources, including the Internet.	<b>Unit #2, Health, Personal and Interpersonal Communication, Gr. 7</b> <b>Unit #2, Health: Personal and Interpersonal Communication, Gr. 8</b>
{HPE.2.3.8} All students will acquire knowledge about alcohol, tobacco, other drugs, and medicines and apply these concepts to support a healthy, active lifestyle.	
{HPE.2.3.8.A} Medicines	
{HPE.2.3.8.A.1} Explain why the therapeutic effects and potential risks of commonly used over-the-counter medicines, prescription drugs, and herbal and medicinal supplements vary in different individuals.	<b>Unit #3, Health, Alcohol, Tobacco, Medicines and other drugs, Gr. 7</b> <b>Unit #3, Health: Alcohol, Tobacco, Medicines and other drugs, Gr. 8</b>
{HPE.2.3.8.A.2} Compare and contrast adolescent and adult abuse of prescription and over-the-counter medicines and the consequences of such abuse.	<b>Unit #3, Health, Alcohol, Tobacco, Medicines and other drugs, Gr. 7</b> <b>Unit #3, Health: Alcohol, Tobacco, Medicines and other drugs, Gr. 8</b>
{HPE.2.3.8.B} Alcohol, Tobacco, and Other Drugs	
{HPE.2.3.8.B.8} Analyze health risks associated with injected drug use.	<b>Unit #3, Health, Alcohol, Tobacco, Medicines and other drugs, Gr. 7</b> <b>Unit #3, Health: Alcohol, Tobacco, Medicines and other drugs, Gr. 8</b>
{HPE.2.3.8.B.7} Explain the impact of inhalant use and abuse on social, emotional, mental, and physical wellness.	<b>Unit #3, Health, Alcohol, Tobacco, Medicines and other drugs, Gr. 7</b> <b>Unit #3, Health: Alcohol, Tobacco, Medicines and other drugs, Gr. 8</b>
{HPE.2.3.8.B.5} Explain the impact of alcohol and other drugs on those areas of the brain that control vision, sleep, coordination, and reaction time and the related impairment of behavior, judgment, and memory.	<b>Unit #3, Health, Alcohol, Tobacco, Medicines and other drugs, Gr. 7</b> <b>Unit #3, Health: Alcohol, Tobacco, Medicines and other drugs, Gr. 8</b>
{HPE.2.3.8.B.6} Relate the use of alcohol and other drugs to decision-making and risk for sexual assault, pregnancy, and STIs.	<b>Unit #3, Health, Alcohol, Tobacco, Medicines and other drugs, Gr. 7</b> <b>Unit #3, Health: Alcohol, Tobacco, Medicines and other drugs, Gr. 8</b>
{HPE.2.3.8.B.3} Analyze the effects of all types of tobacco use on the aging process.	<b>Unit #3, Health, Alcohol, Tobacco, Medicines and other drugs, Gr. 7</b> <b>Unit #3, Health: Alcohol, Tobacco, Medicines and other drugs, Gr. 8</b>
{HPE.2.3.8.B.2} Predict the legal and financial consequences of the use, sale, and possession of illegal substances.	<b>Unit #3, Health, Alcohol, Tobacco, Medicines and other drugs, Gr. 7</b> <b>Unit #3, Health: Alcohol, Tobacco, Medicines and other drugs, Gr. 8</b>
{HPE.2.3.8.B.4} Compare and contrast smoking laws in New Jersey with other states and countries.	<b>Unit #3, Health, Alcohol, Tobacco, Medicines and other drugs, Gr. 7</b> <b>Unit #3, Health: Alcohol, Tobacco, Medicines and other drugs, Gr. 8</b>
{HPE.2.3.8.B.1} Compare and contrast the physical and behavioral effects of commonly abused substances by adolescents.	<b>Unit #3, Health, Alcohol, Tobacco, Medicines and other drugs, Gr. 7</b> <b>Unit #3, Health: Alcohol, Tobacco, Medicines and other drugs, Gr. 8</b>
{HPE.2.3.8.C} Dependency/Addiction and Treatment	
{HPE.2.3.8.C.1} Compare and contrast theories about dependency/addiction (such as genetic predisposition, gender-related predisposition, and multiple risks) and provide recommendations that support a drug free life.	<b>Unit #3, Health, Alcohol, Tobacco, Medicines and other drugs, Gr. 7</b> <b>Unit #3, Health: Alcohol, Tobacco, Medicines and other drugs, Gr. 8</b>

{HPE.2.3.8.C.2} Summarize intervention strategies that assist family and friends to cope with the impact of substance abuse.	
	<b>Unit #3, Health, Alcohol, Tobacco, Medicines and other drugs, Gr. 7</b>
	<b>Unit #3, Health: Alcohol, Tobacco, Medicines and other drugs, Gr. 8</b>
{HPE.2.4.8} All students will acquire knowledge about the physical, emotional, and social aspects of human relationships and sexuality and apply these concepts to support a healthy, active lifestyle.	
{HPE.2.4.8.A} Relationships	
{HPE.2.4.8.A.4} Differentiate between affection, love, commitment, and sexual attraction.	
	<b>Unit #4, Health, Family Life, Gr. 7</b>
	<b>Unit #4, Health: Family Life, Gr. 8</b>
{HPE.2.4.8.A.6} Develop acceptable criteria for safe dating situations, such as dating in groups, setting limits, or only dating someone of the same age.	
	<b>Unit #4, Health, Family Life, Gr. 7</b>
	<b>Unit #4, Health: Family Life, Gr. 8</b>
{HPE.2.4.8.A.2} Explain how the family unit impacts character development.	
	<b>Unit #4, Health, Family Life, Gr. 7</b>
	<b>Unit #4, Health: Family Life, Gr. 8</b>
{HPE.2.4.8.A.1} Predict how changes within a family can impact family members.	
	<b>Unit #4, Health, Family Life, Gr. 7</b>
	<b>Unit #4, Health: Family Life, Gr. 8</b>
{HPE.2.4.8.A.3} Explain when the services of professionals are needed to intervene in relationships.	
	<b>Unit #4, Health, Family Life, Gr. 7</b>
	<b>Unit #4, Health: Family Life, Gr. 8</b>
{HPE.2.4.8.A.5} Determine when a relationship is unhealthy and explain effective strategies to end the relationship.	
	<b>Unit #4, Health, Family Life, Gr. 7</b>
	<b>Unit #4, Health: Family Life, Gr. 8</b>
{HPE.2.4.8.B} Sexuality	
{HPE.2.4.8.B.5} Discuss topics regarding gender identity, sexual orientation, and cultural stereotyping.	
	<b>Unit #4, Health, Family Life, Gr. 7</b>
	<b>Unit #4, Health: Family Life, Gr. 8</b>
{HPE.2.4.8.B.3} Compare and contrast methods of contraception used by adolescents and factors that may influence their use.	
	<b>Unit #4, Health, Family Life, Gr. 7</b>
	<b>Unit #4, Health: Family Life, Gr. 8</b>
{HPE.2.4.8.B.1} Analyze the influence of hormones, nutrition, the environment, and heredity on the physical, social, and emotional changes that occur during puberty.	
	<b>Unit #4, Health, Family Life, Gr. 7</b>
	<b>Unit #4, Health: Family Life, Gr. 8</b>
{HPE.2.4.8.B.4} Relate certain behaviors to placing one at greater risk for HIV/AIDS, STIs, and unintended pregnancy.	
	<b>Unit #4, Health, Family Life, Gr. 7</b>
	<b>Unit #4, Health: Family Life, Gr. 8</b>
{HPE.2.4.8.B.2} Determine the benefits of sexual abstinence and develop strategies to resist pressures to become sexually active.	
	<b>Unit #4, Health, Family Life, Gr. 7</b>
	<b>Unit #4, Health: Family Life, Gr. 8</b>
{HPE.2.4.8.B.6} Explain the importance of practicing routine healthcare procedures such as breast self-examination, testicular examinations, and HPV vaccine.	
	<b>Unit #4, Health, Family Life, Gr. 7</b>
	<b>Unit #4, Health: Family Life, Gr. 8</b>
{HPE.2.4.8.C} Pregnancy and Parenting	
{HPE.2.4.8.C.5} Correlate prenatal care with the prevention of complications that may occur during pregnancy and childbirth.	
	<b>Unit #4, Health, Family Life, Gr. 7</b>

	<b>Unit #4, Health: Family Life, Gr. 8</b>
{HPE.2.4.8.C.1} Summarize the signs and symptoms of pregnancy and the methods available to confirm pregnancy.	
	<b>Unit #4, Health, Family Life, Gr. 7</b>
	<b>Unit #4, Health: Family Life, Gr. 8</b>
{HPE.2.4.8.C.2} Distinguish physical, social, and emotional changes that occur during each stage of pregnancy, including the stages of labor and childbirth and the adjustment period following birth.	
	<b>Unit #4, Health, Family Life, Gr. 7</b>
	<b>Unit #4, Health: Family Life, Gr. 8</b>
{HPE.2.4.8.C.4} Predict short- and long-term impacts of teen pregnancy.	
	<b>Unit #4, Health, Family Life, Gr. 7</b>
	<b>Unit #4, Health: Family Life, Gr. 8</b>
{HPE.2.4.8.C.3} Determine effective strategies and resources to assist with parenting.	
	<b>Unit #4, Health, Family Life, Gr. 7</b>
	<b>Unit #4, Health: Family Life, Gr. 8</b>



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