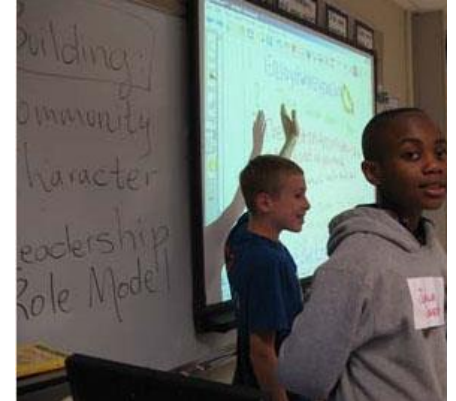




# Bedford Public Schools

## Grade 8 – Life Skills

This course is a continuation of last year focusing on safe and healthy decisions made around relationships. Topics will include a unit on obesity, sport's nutrition, stress, depression, mental illness, relationships (including family, friends and dating partners), dating violence, sexual harassment, abstinence, contraception, and HIV/AIDS. Students will be responsible for a yearlong group project, creating a public service announcement (PSA), focusing on prevention of a health topic relevant to teens.



### Learning Expectations

[Obesity / Nutrition](#)

[Sexual Harassment](#)

[Mental Health](#)

[Relationships / Dating Violence](#)

[Teen Sexuality](#)

[Contraception / STIs](#)

**Obesity / Nutrition**

<b>Enduring Understandings</b> In order to meet the standards, the students will need to understand that . . .	<b>Essential Questions</b> In order to understand, students will need to consider questions such as . . .	<b>Knowledge and Skills</b> Learning this material will require students to . . .
<ul style="list-style-type: none"><li>• Know which health risks are associated with obesity.</li><li>• Know what BMI is and how to calculate it.</li><li>• Know which nutrients are important for athletes in their daily diet.</li></ul>	<ul style="list-style-type: none"><li>• Why do you think obesity is such a big problem in our country?</li><li>• Why should an athlete's diet be different from a non-athlete's diet?</li></ul>	<ul style="list-style-type: none"><li>• Calculate BMI and have a general understanding of what it is.</li><li>• Analyze and interpret a food label.</li><li>• Understand why fad diets do not work.</li><li>• Understand the dietary needs of an athlete.</li></ul>

**Sexual Harassment**

<b>Enduring Understandings</b> In order to meet the standards, the students will need to understand that . . .	<b>Essential Questions</b> In order to understand, students will need to consider questions such as . . .	<b>Knowledge and Skills</b> Learning this material will require students to . . .
<ul style="list-style-type: none"><li>• Identify behavior defined as sexual harassment.</li><li>• The difference between flirting and harassment and understanding the boundaries.</li></ul>	<ul style="list-style-type: none"><li>• Is the school community more accepting of harassing behavior?</li><li>• What do you think is physically/verbally appropriate when interacting with others?</li></ul>	<ul style="list-style-type: none"><li>• Students will know the resources available to them if being harassed.</li><li>• Have a better understanding of their own behaviors might be interpreted as sexual harassment.</li><li>• Understand who determines if sexual harassment is taking place.</li></ul>

**Mental Health**

<b>Enduring Understandings</b> In order to meet the standards, the students will need to understand that . . .	<b>Essential Questions</b> In order to understand, students will need to consider questions such as . . .	<b>Knowledge and Skills</b> Learning this material will require students to . . .
<ul style="list-style-type: none"><li>• How people cope with difficult situations.</li><li>• Recognizing the signs of depression.</li></ul>	<ul style="list-style-type: none"><li>• Why is teen depression increasing yearly?</li><li>• What resources do students have to cope with depression?</li><li>• What does it mean to be/act normal?</li></ul>	<ul style="list-style-type: none"><li>• Students will understand circumstances that lead to depression and possibly suicide.</li><li>• Students will be aware of different types of mental illness and treatments for them.</li></ul>

### Relationships / Dating Violence

<b>Enduring Understandings</b> In order to meet the standards, the students will need to understand that . . .	<b>Essential Questions</b> In order to understand, students will need to consider questions such as . . .	<b>Knowledge and Skills</b> Learning this material will require students to . . .
<ul style="list-style-type: none"> <li>• Why relationships are important.</li> <li>• Why relationships change over your lifetime.</li> <li>• One's responsibility in a relationship.</li> <li>• Why trust, respect, communication, and boundaries are important in a relationship.</li> <li>• Recognizing healthy vs. unhealthy dating relationships.</li> </ul>	<ul style="list-style-type: none"> <li>• During adolescence what strains family relationships?</li> <li>• What is your personal contribution to a relationship?</li> <li>• How do your peers influence and affect who you are as a person?</li> <li>• Why do women stay in relationships that are abusive?</li> <li>• What types of behaviors are considered unhealthy in relationships?</li> </ul>	<ul style="list-style-type: none"> <li>• Students will understand how they are molded and influenced by their family and peers.</li> <li>• Identify how a relationship between parent and child changes over time.</li> <li>• Students will recognize the warning signs of an unhealthy relationship.</li> <li>• Understand the psychological effects of a violent relationship.</li> <li>• Understand where help resources can be found.</li> </ul>

## Teen Sexuality

<b>Enduring Understandings</b> In order to meet the standards, the students will need to understand that . . .	<b>Essential Questions</b> In order to understand, students will need to consider questions such as . . .	<b>Knowledge and Skills</b> Learning this material will require students to . . .
<ul style="list-style-type: none"><li>Knowing the importance of appropriate decisions regarding sexual activity and how they can impact your life.</li></ul>	<ul style="list-style-type: none"><li>How does mental maturity relate to physical maturity when talking about sex?</li><li>Besides becoming physically mature what should also be considered before making the decision to become sexually active?</li><li>What does being a virgin mean to you?</li></ul>	<ul style="list-style-type: none"><li>Understand the risks associated with sexual activity.</li><li>Identify the life changing effects of being sexually active.</li><li>List reasons to delay sexually activity.</li></ul>

### Contraception / STIs

<b>Enduring Understandings</b> In order to meet the standards, the students will need to understand that . . .	<b>Essential Questions</b> In order to understand, students will need to consider questions such as . . .	<b>Knowledge and Skills</b> Learning this material will require students to . . .
<ul style="list-style-type: none"> <li>Students will know the most commonly used contraception methods and their effectiveness.</li> <li>Students will be aware of the dangers, symptoms, and treatments of sexually transmitted infections.</li> <li>Students will know the pathogens that cause illness.</li> <li>Students will know how the Human Immunodeficiency Virus attacks the cells of the body.</li> </ul>	<ul style="list-style-type: none"> <li>What are the physical, financial, and emotional factors involved in choosing a contraceptive method?</li> <li>Why is contraception still a controversial issue?</li> <li>Who, in the relationship, should be responsible for providing contraception?</li> <li>How can sexually transmitted infections alter your overall sexual health?</li> <li>STI's have been around since ancient civilization so why have they not been eliminated?</li> <li>Is HIV/AIDS one of the considerations when deciding to become sexually active?</li> </ul>	<ul style="list-style-type: none"> <li>Identify the different types of contraception and how they work.</li> <li>Understand the positive and negatives of each.</li> <li>Understand which diseases are communicable and which are non-communicable.</li> <li>Students will know which STIs are curable and which are not.</li> </ul>