**SEXUALITY AND FAMILY LIFE**

***Understands the anatomy and physiology of the male and female reproductive systems.***
- Reviews the anatomy of male and female reproductive systems.
- Describes the primary functions of the male and female reproductive systems.
- Lists the secondary sex characteristics that develop during puberty.
  - Recognizes and respects the emotional and physical changes during the maturation process for males and females.
  - Understands the hormonal regulation of the menstrual cycle.

***Understands the process of human reproduction.***
- Recognizes that abstinence is the only totally effective method of preventing pregnancy and STIs.
- Restates the definition of conception/fertilization.
- Describes the process of conception/fertilization.

***Identifies aspects of a healthy relationship.***
- Describes the different types of relationships.
- Recognizes abstinence from sexual activity as a healthy choice and identifies reasons for abstaining from sexual activity.
- List skills to address positive and negative peer pressures and manipulation.
- Describes the effects of television, movies, and other media on forming one's values toward relationships.
- Investigates how different family structures, values, rituals, and traditions meet basic human needs.
- Describes the influences of family traditions, economic factors, and cultural activities on one's healthy lifestyle.
- Creates a response plan for cases of neglect, abuse, and violence in the home.

***Recognizes the biological and cultural aspects of human sexuality and family life.***
- Recognizes influences and pressures to become sexually active.
- Applies communication/refusal skills as they relate to responsible decision-making.

***Recognizes gender differences, expectations, and bias.***
- Recognizes sexual harassment.
- Identifies ways to practice refusal skills using verbal and non-verbal tactics.

***Identifies the lifelong responsibilities and requirements of parenthood.***
- Understands legal aspects of parenting (e.g., food, shelter, clothing, education, healthcare, child support, joint custody).
- Lists problems associated with teen parenting.

**DISEASE PREVENTION AND CONTROL**

***Recognizes behavioral factors leading to communicable diseases and have the knowledge to obtain proper care.***
- Restates the definition of pathogens.
- Reviews various types of pathogens.
- Explains the immune system's response to pathogens.
- Provides examples of various vaccines.
- Reviews the causes and symptoms of various communicable and non-communicable diseases, infestations, and infections (e.g., cardiovascular disease, cancer, diabetes, sexually transmitted diseases, hepatitis, meningitis).
- Recognizes the importance of personal hygiene and how it relates to the prevention of communicable diseases (e.g., wash hands, wash clothes, cover mouth when coughing/sneezing).
- Explains the treatment, prevention, and control measures for various communicable and non-communicable infestations, diseases, and infections (e.g., cardiovascular disease, cancer, diabetes, sexually transmitted diseases, hepatitis, meningitis).
- Explains how heredity affects non-communicable diseases.

***Understands health-promotion strategies and disease prevention concepts to become health-literate, self-directed citizens.***
- Reviews behavioral impacts on health maintenance and disease prevention (e.g., hygiene, dental checkups).
- Understands family, peer, and community influences on the health of individuals.
- Explains environmental influences on the health of the community (e.g., pollution, ozone depletion).
- Evaluates the impact of environmental contaminates on one's health.

***Understands the effects of HIV and AIDS.***
- Describes human immunodeficiency virus (HIV) and acquired immune-deficiency virus (AIDS).
- Understands the effects of HIV and AIDS on the immune system.
- Reviews the signs/symptoms of HIV and AIDS.
- Identifies treatments for HIV and AIDS.
- Identifies or locates community resources (e.g., American Red Cross, Centers for Disease Control, Nashville Cares).
- Understands how HIV and AIDS affects an individual's personal, social, and economic well-being.
- Describes behaviors and preventative measures to control the spread of HIV.

**SUBSTANCE USE AND ABUSE**

***Differentiates appropriate and inappropriate use of chemical substances.***
- Recognizes the importance of a drug-free lifestyle.
- Identifies types of legal and illegal drugs (e.g., alcohol, tobacco, smokeless tobacco, marijuana).
- Differentiates drug use, drug misuse, and drug abuse.
- Describes the physical, financial, social, and psychological costs of an addiction.

***Understands the holistic effects of drug use on the mind and body.***
- Describes the possible effects of combining drugs.
- Recognizes one's behavior changes due to drinking alcohol or using drugs.
- Reviews the harmful effects of tobacco products.
- Reviews strategies for decision-making and refusal skills dealing with drug use.

***Makes informed decisions regarding the use of drugs based on knowledge of its effects on the individual and society.***
- Recognizes the impact of tobacco, alcohol, and other drugs on society (e.g., crime, disease, family, peers, job, sports).
- Reviews the effects of drug, alcohol, and tobacco on the pregnant woman and her unborn child.
- Explains the effects on passengers when the driver is impaired.
- Recognizes the influence of media and advertising on the use of alcohol, tobacco and other drugs.
- Identifies school and community resources for treatment and intervention (e.g., DARE, school counselor, teacher, Local Health Department, Hotlines, Oasis Center, Alcoholics Anonymous).
- Explains how choices relate to consequences.
- Understands and practices the skills needed to avoid risk-taking behaviors (e.g., decision making, conflict resolution, refusal skills.)

**HEALTH STANDARDS GRADE 8**