

**VECC Health Education
Grade 8
Curriculum Guide 2007**

Suggested Time Line How much time will be spent on this learning	Essential Questions and Content What will be taught?	NJCCC Standards What state standards will be met by these objectives?	Instructional Objectives What will the students know or be able to do as a result of this instruction?	Assessment What evidence will I collect that demonstrate that the students have achieved the objective?	Instructional Domain How will the learning be structured?	Instructional Activities What will the students do to achieve the objective?
March & April <hr/> Addictions	What is addiction and who will it affect? Can the pressure around us lead us into trying drugs? What can be done to build self-esteem? Why is a person who lacks self-esteem easily persuaded to try using drugs? How can understanding positive values help us to avoid and resist experimenting with drugs?	2.3 A: 1-4 B: 1-9 C: 1-6 2.4 A: 1-8	Lesson 1: What is addiction <ul style="list-style-type: none"> • Define physical and psychological addiction and describe the effects of addiction to various behaviors and substances. • State the value and positive benefits of a drug free lifestyle. • To write and sign a contract to stay drug free. • Predict what might happen in the next 10 years to someone age 15 who becomes addicted to a substance such as alcohol, drugs or cigarettes or a behavior such as dieting or gambling. Lesson 2: The pressures around us <ul style="list-style-type: none"> • Identify external and internal pressures that are common in adolescence and ways to cope with these pressures. • Demonstrate how positive values can help you resist pressures to experiment with drugs. • Practice three different positive ways to cope with pressure. • Compare the effects of positive and negative responses to pressure. Lesson 3: Getting Help <ul style="list-style-type: none"> • Explain the need for help with alcohol and drug addiction as well as problems that could lead to addiction and identify appropriate resources. • Examine why a person in trouble often finds it difficult to go for help. • List school and community resources in your area. • Use the Decision making steps to decide what to do about a friend at risk. Lesson 4: Feeling Good about Me <ul style="list-style-type: none"> • Identify lack of self-esteem as a reason for drug experimentation and describe what can be done to build to self-esteem. • Demonstrate self-respect by setting goals to overcome areas of weakness. • Identify personal strengths and weaknesses. • Use the Decision making steps to set goals to strengthen personal weaknesses. 	Students will be assessed through: <ul style="list-style-type: none"> • Personal participation in classroom and small group discussions • Personal content & organization of Health notebook • Written assignments, projects, and reports <ul style="list-style-type: none"> - Individual - Group • Unit Tests and Quizzes 	Learning will take place through: <ul style="list-style-type: none"> • Teacher led instruction • Classroom discussions • Group activities • Graphic organizers • Role Playing 	Student achievement will take place through: <ul style="list-style-type: none"> • Outlining of teacher led instruction and taking written notes • Participation in classroom discussions • Brainstorming activities • Charting personal graphic organizers in: <ul style="list-style-type: none"> ○ Decision making ○ Comparing and Contrasting ○ Predicting Consequences • Researching, reading, analyzing and writing about addiction.

