

SCOPE AND SEQUENCE
8th Grade Health

	<u># of Days</u>
Orientation	1
Health Wrap – Up	1
Unit 1: Health Skills: The Foundation	
Making Decisions and Setting Goals	3
Practicing Communication Skills	1
Managing Stress	1
Developing Other Health Skills	1
Review and Assessment	2
Unit 2: Promoting Social Health	
Your Character and Your Relationship	6
Getting Along With Your Family	1
Marriage and Parenthood	1
Review and Assessment	2
Unit 3: Body Image	
Maintaining a Healthy Body	1
Eating Disorders	2
Review and Assessment	2
Unit 4: Relationships: The Teen Years	
Friendships: Growing and Changing	1
Peer Pressures and Refusal Skills	2
Practicing Abstinence	1
Review and Assessment	2
Unit 5: Baby Think It Over	
Readiness	2
Baby Safety	1
Listing and Pricing Baby Items	2
Simulators	4
Reflection	1
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Total	40