

MS Curriculum Overview

1. Course Title	8th Grade Health			
2. Course Overview	<p>This semester- long Health Education course builds students' understanding of personal wellness and the factors that influence health throughout adolescence. Students will learn about the dimensions of health, develop strategies for maintaining positive mental health, and examine the risks associated with alcohol, tobacco, and other drugs (ATOD). The course concludes with a Health Debate project where students research a current health topic, evaluate different perspectives, and defend a position on an issue they choose. Through class discussion, critical thinking, research, and self-reflection students will build decision making, communication, and advocacy skills while developing healthy habits that can support their well being throughout their lives.</p>			
3. Main Resource Used	Healthy and Balanced Living Curriculum Framework Connecticut State Department of Education			
4. Unit Sequence & Titles	<p style="text-align: center;">Unit 1</p> <p style="text-align: center;">Dimensions of Health</p>	<p style="text-align: center;">Unit 2</p> <p style="text-align: center;">Mental Health</p>	<p style="text-align: center;">Unit 3</p> <p style="text-align: center;">ATOD (Alcohol, Tobacco, Other Drugs)</p>	<p style="text-align: center;">Unit 4</p> <p style="text-align: center;">Health Debate (Topic of Choice)</p>