

8th Grade Health Education – Mental and Emotional Health/Self -Management

Illinois State Standard

23 Understand human body systems and factors that influence growth and development.

National Health Standard

7 Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Performance Descriptors

23B.h.4 Discuss the health risks of fad diets and eating disorders (anorexia, bulimia, overeating).

23B.f.3 List choices that have a positive influence on health (protective factors).

23B.f.4 List choices that have a negative influence on health (risk factors).

23C.f.5 Identify the roles significant people in an individual's life play in providing a mental, emotional and social support system.

23C.h.1 Discuss the influences and behaviors that may lead to eating disorders.

7.8.1 Explain the importance of assuming responsibility for personal health behaviors.

7.8.2 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.

7.8.3 Demonstrate behaviors to avoid or reduce health risks to self and others.

Transfer goals: Students will be able to independently use their learning to...self-assess and make changes to their current state of wellness to increase longevity and quality of life.

Knowledge: Students will know...

Risk factors and protective factors for physical, mental/emotional, and social dimensions.

Where to get support within their school and community for each dimension of wellness.

The process/procedure for seeking help in their school.

What depression is and the affects it has on mental/emotional wellness.

The three types of eating disorders anorexia, bulimia, and binge eating/compulsive overeating.

A variety of techniques to manage stress.

What causes stress.

How body image effects mental wellness.

Know their own level of happiness.

Strategies that maintain or improve mental health.

Strategies to manage stress.

Understandings: Students will understand that...

There are people within their school that can help support each dimension of wellness.

Mental health has an impact on a person's overall wellness.

Skill: Students will be able to...

Analyze their level of wellness in each dimension based on self-assessment.

Identify risk factors and protective factors.

Identify sources of support for improvement of wellness.

Identify warning signs of depression and suicide in self and peers.

Identify school and community resources to get help for depression and suicide.

Differentiate between anorexia, bulimia, and binge eating/compulsive overeating.

Analyze the role of individual responsibility for enhancing mental health.

Describe how happiness supports mental health.

Implement strategies to improve mental health.

Implement strategies to reduce or cope with stress.

Essential questions: Students will keep considering...

What resources do I have access to for guidance and support in regards to my wellness?

Am I implementing effective strategies to support my mental health?

Performance Task: Teacher created performance task.