

Revere Public Schools
6th-8th Grade Skills Based Health Education
CURRICULUM

Through health literacy, healthy self-management skills, and health promotion, the skills-based health education curriculum focuses on core health concepts, and the development of 7 essential health skills: decision-making, goal setting, advocacy, interpersonal communication, analyzing influences, self-management, and accessing reliable resources. All 7 skills have been defined by the Center for Disease Control as standards that are necessary in aiding an individual to maintain their health & healthy lifestyle over the course of their lifespan. In combination with the analysis of the Youth Risk Behavior Survey, the core concepts in which will be interwoven within this skill development are determined, as well as with community and national partnerships.

Center for Disease Control Criteria for Effective Health Education:

<https://www.cdc.gov/healthyschools/sher/characteristics/index.htm>

NATIONAL Health Education Standards (CDC):

<https://www.cdc.gov/healthyschools/sher/standards/index.htm>

The following is a brief description of the middle school health education curriculum for Revere Public Schools. All curriculum has been developed through research based curriculums that utilize health education best practices and are supported at the national level.

Course Descriptions and Scope & Sequence

6th Grade:

6th Grade Health Education begins with laying the foundation of our Health Education core concepts and the health skills of Self-Management, Decision-Making, and Interpersonal Communication. Each GMS student will delve into the concepts of overall health and wellness as well as how to maintain their personal health in 3 areas of wellness; Physical Health, Mental & Emotional Health, and Social Health. Throughout the year students will explore topics such as components of physical fitness, heart rate, nutrition, the teenage brain, stress, stress management, and interpersonal communication skills, in addition to developing their personal health skills through practice, reflection, and analysis.

INTRODUCTION to Health Ed. – What is Wellness? Defining 3 Areas of Wellness

UNIT 1 – PHYSICAL HEALTH

- 5 Components of Physical Fitness
- Heart Rate
- Nutrition

UNIT 2 – MENTAL AND EMOTIONAL HEALTH

- Emotions
- Teenage Brain Development
- Stress
- Stress Management Techniques

UNIT 3 – SOCIAL HEALTH

- Interpersonal Communication Skills

- Characteristics of a Friend
- Friendship

1 Day PUBERTY LESSON (Boys & Girls Split)

6th Grade CURRICULUM DEVELOPMENT Resources:

- **Botvin *LifeSkills Training* Program** - <https://www.lifeskillstraining.com/botvin-lifeskills-training-middle-school-program/>
- **Wyman Teen Outreach Program Curriculum:** <https://wymancenter.org/top/>
- **Human Relations Media “Puberty Workshop Curriculum”:** <https://www.hrmvideo.com/catalog/puberty-workshop-and-curriculum>
- **Proctor & Gamble “Always Changing & Growing Up” Video:** <https://www.youtube.com/watch?v=OR1XJZ0xRS0>

7th Grade:

7th Grade Health Education is a semester long course in which students are building upon the foundation that they have established within their 6th grade health experience. In 7th grade our curriculum continues to integrate core concepts as well as continue to develop our personal health related skills, with an emphasis on Advocacy & Goal-Setting. Students will analyze and assess their own personal health, building off of their 6th grade experience, and then use their findings to develop their own personal goals and reflect on obstacles and strategies to overcome foreseen obstacles. Also, throughout their semester long experience, students will explore and practice the skills of advocacy & refusal, where the concepts of smoking, vaping and legalized drug use are addressed and analyzed.

UNIT 1 – GOAL SETTING

- Personal Wellness Assessment
- Intro to Goal Setting
- Planning out a Personal SMART Goal
- Analyzing Obstacles and Strategies to Overcome
- Creating and Defining a Personal Health SMART Goal

UNIT 2 – ADVOCACY

- Intro to the skill of Advocacy
- Tobacco Products
- Advocacy Techniques/Knowing Your Audience
- Marijuana Products & Use
- Obtaining Facts to Support your Message
- Vaping & Analyzing the Risks
- Establishing a Position & Supporting with Research Based Facts
- Creating an Advocacy Campaign

7th Grade CURRICULUM DEVELOPMENT Resources:

- **Botvin *LifeSkills Training* Program** - <https://www.lifeskillstraining.com/botvin-lifeskills-training-middle-school-program/>
- **Wyman Teen Outreach Program Curriculum:** <https://wymancenter.org/top/>
- **ProjectHERE Curriculum:** <https://projectherema.org>
- **CATCH (Coordinated Approach to Childhood Health) Curriculum:** <https://catchinfo.org>

8th Grade:

8th Grade Health Education is a semester long course in which students are continuing to build on their two years of experience in our GMS health education classroom. In 8th grade, students are asked to reflect on their personal beliefs and values as they analyze a variety of influences that impact our society & our personal health and well-being. Students will explore and analyze influences such as personal identity, role models, television, advertising, and peers, together with analyzing their effects on our personal and societal health. Students will also continue to develop their skills of decision-making & interpersonal communication as they delve into the core concepts regarding alcohol, prescription drug use, addiction, and sexual health.

UNIT 1 – ANALYZING INFLUENCES

- Personal Identity Development
- Values & Beliefs
- Television
- Advertising
- Body Image
- Peer Influences

UNIT 2 – DECISION MAKING

- Alcohol Use
- Illegal Substance Abuse & Addiction
- What it means to be Sexually Healthy
- Sexual Health Messages
- Healthy Romantic Relationship Characteristics
- Consent
- Things to Consider
- Pregnancy Prevention Methods
- Sexually Transmitted Infections & Prevention
- Community & Virtual Reliable Health Resources

8th Grade CURRICULUM DEVELOPMENT Resources:

- **Botvin *LifeSkills Training* Program** - <https://www.lifeskillstraining.com/botvin-lifeskills-training-middle-school-program/>
- **Wyman Teen Outreach Program Curriculum:** <https://wymancenter.org/top/>
- **ProjectHERE Curriculum:** <https://projectherema.org>
- **DOVE Self Esteem Project:** <https://www.dove.com/us/en/dove-self-esteem-project/school-workshops-on-body-image-confident-me.html>
- **Advocates for Youth 3 R's Curriculum:** <https://3rs.org/3rs-curriculum/about-3rs/>
- **National Sex Education Standards:** <https://advocatesforyouth.org/wp-content/uploads/2020/03/NSES-2020-web.pdf>
- **The Professional Learning Standards for Sex Education (PLSSE):** <https://siecus.org/resources/professional-learning-standards-for-sex-education/>
- **The Guidelines for Comprehensive Sexual Health Education:** <https://siecus.org/wp-content/uploads/2018/07/Guidelines-CSE.pdf>