



**Community Consolidated  
School District 46**

565 Frederick Road, Grayslake, IL 60030

## 23-24 Eighth Grade Health Priority Standards

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For Health in Eighth Grade, all students will receive one session that covers all Health Education Priority Standards. During a students' assigned session, they may not attend Physical Education, but Health Class instead.

Cycle 1	Cycle 2	Cycle 3	Cycle 4
Identify components of a healthy lifestyle.	Recognize abusive behaviors and practice procedures for suspected abuse.	Analyze the effects of substance use, misuse and abuse on health status.	Explain how body systems interact with each other (e.g., blood transporting nutrients from the digestive system and oxygen from the respiratory system, muscular/skeletal systems [movement] and structure of the brain). -reproductive system -puberty
	Communicate in positive ways to resolve differences and prevent conflict.	Describe structures and functions of the brain, and explain the effects of health related choices on the brain.	Explain the effects of health-related actions upon body systems (e.g., fad diets, orthodontics, avoiding smoking, alcohol use, and other drug use). -abstinence -STI -contraceptives
			Describe the relationships among physical, mental, and social health factors during adolescence (e.g., the effects of stress on physical and mental performance, effects of nutrition on growth). -Puberty

**Per ISBE, Families Can Opt Out of Only the following content. Families must opt out in writing (or email) each school year.**

- Comprehensive Sex Ed
- Family Life Class
- HIV/AIDS and STIs
- Avoiding sexual abuse / Erin's Law
- Instruction on organ/tissue and blood donor and transplantation programs
- Animal Dissection