



Course Outcome Summary

Course Information: **8th Grade Mental and Emotional Health**

Description: This course is about discussing major mental and emotional health issues, focusing more on preventative treatments and advocacy for those issues.

Instruction Level: 8th Grade

Total Credits: ½ Credit

Course Standards:

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Standard 3: Students will demonstrate the ability to access valid information and products and services to enhance health.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.

Unit

1. **Stress Management**
2. **Bullying and Harassment**
3. **Other Mental and Emotional Diseases**
4. **Advocacy and Fighting Back**

Unit Outlines

1. **Stress Management**

Standards:

- **Standard 1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.
- **Standard 2:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- **Standard 5:** Students will demonstrate the ability to use decision-making skills to enhance health.
- **Standard 7:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Essential Question:

- What is stress?
- How can you avoid stress?
- What is the difference between eustress and distress?
- What are the best ways you deal with stress?
- In what ways can other people help you deal with stress?

Essential Knowledge:

- Identify ways stress can affect your physical, mental/emotional and social health.
- Investigate ways to manage stressors in your personal life.
- Prove ways you can personally apply skills to reduce the amount of stress and impact in your life.

2. **Bullying and Harassment**

Standards:

- **Standard 1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.
- **Standard 4:** Students will demonstrate the ability to use interpersonal communication

skills to enhance health and avoid or reduce health risks.

- **Standard 5:** Students will demonstrate the ability to use decision-making skills to enhance health.
- **Standard 7:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Essential Question:

- What is the problem and how can we handle it?
- Why should I care? What can I do about it?
- How can we recognize the warning signs?
- What are the short and long term effects to students who are constantly bullied and harassed?

Essential Knowledge:

- Identify different types of bullying and knowing what to look for. We will discuss possible consequences, such as depression, low self-esteem, peer pressure, and how we can deal with those consequences. Students will learn to be a positive upstander and use their communication skills to help others.

3. Other Mental and Emotional Diseases

Standards:

- **Standard 1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.
- **Standard 2:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- **Standard 3:** Students will demonstrate the ability to access valid information and products and services to enhance health.

Essential Question:

- What is mental and emotional health?
- Why do so many people go untreated?
- What is the stigma associated with mental and emotional health?
- What are specific disorders that deal with mental and emotional health?
- How can someone get help?
- How can you help someone struggling with a mental and emotional issue?

Essential Knowledge:

- We will learn about the 7 dimensions of wellness and what makes a person well. Some key mental and emotional disorders that we will talk about are depression, anxiety, eating disorders, and PTSD. Students will learn how to advocate for people with these disorders

and rise above the stigma.

4. Advocacy and Fighting Back

Standards:

- **Standard 1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.
- **Standard 3:** Students will demonstrate the ability to access valid information and products and services to enhance health.
- **Standard 8:** Students will demonstrate the ability to advocate for personal, family, and community health.

Essential Question:

- How can I impact the mental and emotional health of others?
- Why is advocacy so important?
- How can I make an impact on mental and emotional health in school as well as in the community?

Essential Knowledge:

- Students will learn how to be an advocate. They have to pick a topic relevant to their school or community concerning mental and emotional health. They will demonstrate how to access valid information and research their topic, as well as, create and carry out their advocacy project.