

# 8<sup>th</sup> Grade Wellness & Consumer Science

## Student Learning Expectations



The student should be able to:

1. Exhibit awareness of career pathways.  
Recognize and apply skills needed to achieve personal and professional success.
2. Demonstrate an understanding of the consequences of substance use and abuse.  
Understand the various substances and the effects on the human body.  
Realize the emotional consequences of substance use.  
Explain factors involved in the development of a drug dependency.  
Identify the early observable signs and symptoms of substance use.
3. Evaluate nutrition concepts that enhance individual and family well-being.  
Review the signs and consequences of eating disorders.  
Analyze food labels for nutritional value.  
Communicate the benefits of a healthy diet and exercise.
4. Recognize positive behaviors regarding human sexuality.  
Assess the benefits of abstaining from sexual activity.  
Demonstrate the responsibilities of being a parent.  
Specify the various STIs and the effects on the human body.
5. Identify healthy relationships and the value of positive self-esteem.  
Determine characteristics of healthy and unhealthy relationships.
6. Understand the stages of development throughout life.  
Explain the process of conception, prenatal development, and birth.  
Distinguish the intellectual, physical, and emotional changes throughout life.

