

MIDDLETOWN TOWNSHIP PUBLIC SCHOOLS

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William O. George III, Ed.D.
Superintendent of Schools

Devyn Orozco
Director of Science, Health & Physical Education

September, 2020

Dear Parent/Guardian:

The following is an outline of the units covered this year in your child's Health Curriculum. The units are designed to provide students with the information, decision-making skills and attitudes that will encourage thoughtful and responsible behavior.

If you choose not to have your son/daughter participate in any portion of a unit, you must complete a "Request to be Excused" form which is available in the main school office. If you wish to discuss these units, please call your child's school for an appointment.

CURRICULUM UNITS – GRADE 8

I. Decision-Making

- Researching and Analyzing Health Information
- Using Decision-making Skills
- Character Development
- Leadership, Advocacy and Service

II. Personal Health

- Nutrition
- Diseases and Health Conditions
- Mental Health
- Stress
- First Aid and Emergency Principles
- Introduction to the Heimlich and CPR
- Effective Planning for a Healthy Lifestyle

III. Substance Abuse Prevention

- Medicines
- Alcohol, Tobacco and Other Drugs
- Physical and Behavioral Effects of Drug Use
- High Risk Behaviors and Decision-making
- Dependency/Addiction and Treatment

IV. Relationships and Sexuality

- Relationships and Family Structure
- Sexuality and Peer Pressure
- Abstinence
- STDs, Breast Cancer, Testicular Cancer, HPV

Sincerely,



Devyn Orozco