6th Grade Family Life

1.4 develop a list of questions that influence the decision-making process
1.5 identify choices and examine alternatives and consequences of each choice when making decisions as it relates to healthy living;
6.1 identify family influences in the development of personal values and beliefs and how they will affect future decisions;
6.2 analyze changing roles and responsibilities throughout the life cycle as individuals and members of families;
7.0 understand the stages of human growth and development
7.1 describe and demonstrate understanding of the developmental characteristics of adolescence including physical and emotional changes;
7.2 exhibit respect for others as physical changes occur during adolescence;
8.1 demonstrate skills to cope with attitudes and behaviors appropriately as related to social health;
9.1 identify and define common pathogens;
13.0 explain how choices relate to consequences;
12.2 demonstrate techniques to assertively deal with peer pressure when personal safety is threatened (e.g., in car with drunk driver, pressured to take drugs, encouraged to participate in risky behaviors that can hurt others).
13.2 assess the influences of family, peers, and community on chemical substance use and abuse

7th Grade Family Life

1.2 describe individual goals and aspirations for healthy living;
1.5 identify choices and examine alternatives and consequences;
1.6 evaluate the influence of media on the decision-making process related to healthy living;
5.1 explain the relationship of a balanced nutrition program and essential nutrients to appropriate weight, appearance, energy level, and total wellness;
5.2 evaluate how individual food choices are influenced by multiple factors;
6.2 analyze changing roles and responsibilities (physically, socially and emotionally) throughout the life cycle as individuals and members of families;
7.3 identify abstinence from sexual activity as the responsible and preferred choice for adolescents.
8.1 demonstrate healthy ways to express needs, wants, and feelings.
8.4 demonstrate skills to cope with attitudes and behaviors appropriately as related to social health;
8.5 evaluate attitudes and behaviors as related to personal and mental health;
8.6 recognize stress is a normal part of life and appropriate stress management should be a lifelong skill;
9.2 describe ways pathogens and diseases are spread, prevented, and managed;
9.4 evaluate how heredity, environment and lifestyle impact both the wellness and disease process.
12.3 demonstrate techniques to assertively deal with peer pressure;
13.1 distinguish between appropriate use and misuse of chemical substances for healthy living;

8th Grade Family Life

1.1 analyze the effectiveness of personal decision-making as it relates to future health and wellness outcomes;
1.3 determine how setting healthy living goals can promote lifetime wellness;
4.3 determine the benefits of exercise in relation to improved health during all stages of life;
4.4 assess the relationship of physical activity to other areas of personal health (social, mental, and emotional well-being);
6.3 evaluate the influence of attitudes, emotions, and behaviors on healthy family relationships;
7.3 identify abstinence from sexual activity as the responsible and preferred choice for adolescents;
9.3 describe signs, symptoms, and risk factors related to communicable and noncommunicable diseases;
10.3 analyze the influences of media and internet which promote risky behavior;
11.1 demonstrate appropriate actions for emergency and non-emergency actions;
12.3 demonstrate techniques to assertively deal with peer pressure when personal safety is threatened (car with drunk driver, pressured to take drugs, encouraged to participate in risky behavior that can hurt others);
TN Health Education Standards Grades 6-8 Addressed in Lakeland Family Life Curriculum
For a full list of TN Health Education Standards visit:

13.3 identify how substance (e.g. tobacco, alcohol, and drugs) use and abuse affects people physically, emotionally, socially, financially and legally;
13.5 recognize treatment programs and support groups for those dealing with addiction;
13.6 recognize certain behaviors can lead to drug abuse and addiction (e.g. huffing, inhalant abuse, and smoking, alcohol consumption, over the counter and prescription medication).
14.5 assess various health care facilities and services;
14.6 analyze the importance of community organizations to healthy living;
14.7 identify different health professionals and their role in promoting community health;
14.8 evaluate the effect of media and technology on individual, family, and community health