

Grade 6

Students will comprehend content related to health promotion and disease prevention to enhance health.

- 1 Differentiate between proper use and abuse of prescription and over-the-counter medicines and distinguish between the benefits and consequences of using and not using alcohol and other drugs. 6.1.1**

- 2 Explain the risks associated with using alcohol or other drugs and riding in a motor vehicle. 6.1.2**

- 3 Explain why the recommended amount of food a person needs each day may be different for each food group and analyze the benefits of healthy eating. 6.1.3**

- 4 Discuss how emotions change during adolescence and explain appropriate ways to express and respond to needs, wants, emotions and feelings. 6.1.4**

- 5 Summarize the benefits of good hygiene practices. 6.1.5**

- 6 Explain the difference between infectious, noninfectious, acute and chronic diseases. 6.1.6**

- 7 Summarize actions to take to protect oneself against potential damage from exposure to the sun. 6.1.7**

- 8 Explain the importance of talking with parents and other trusted adults about issues related to relationships, growth and development and sexual health. 6.1.8**

- 9 Describe conception and its relationship to the menstrual cycle and describe why sexual abstinence is the most effective risk avoidance method of protection from HIV, other STDs and pregnancy. 6.1.9**

- 10 Describe short- and long- term physical effects of using tobacco. 6.1.10**

- 11 Summarize the dangers of experimenting with tobacco products and the benefits of being tobacco-free. 6.1.11**

- 12 Identify a variety of non-violent ways to respond to stress when angry or upset and explain why it is important to understand the perspective of others in resolving conflict situations nonviolently. 6.1.12**

- 13 Describe how the presence of weapons increases the risk of serious violent injuries. 6.1.13**

Analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

- 1 Describe how culture influences personal health decisions and behaviors. 6.2.1
 - 2 Explore how sharing or posting personal information electronically on social media sites can negatively impact the health of self and others. 6.2.2
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Access valid information, products and services to enhance health.

- 1 Describe health-related situations that call for professional services. 6.3.1
 - 2 Identify and determine the availability of valid and reliable personal health and wellness products. 6.3.2
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Use interpersonal communication skills to enhance health and avoid or reduce health risks.

- 1 Describe effective verbal and nonverbal communication skills to enhance health and promote healthy behaviors/relationships. 6.4.1
 - 2 Describe how to ask for assistance to enhance the health of self and others. 6.4.2
 - 3 Explain how refusal and negotiation skills are used to avoid or reduce health risks. 6.4.3
 - 4 Explain effective conflict management and/or resolution strategies. 6.4.4
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Use decision-making skills to enhance healthy behaviors.

- 1 Recognize healthy options when making a decision about health-related issues or problems. 6.5.1
 - 2 Describe how to use a decision-making process to avoid harmful behaviors. 6.5.2
 - 3 Describe how a decision-making process is used to enhance or establish healthy behaviors and relationships. 6.5.3
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Use goal-setting skills to enhance healthy behaviors.

- 1 Identify strategies and skills needed to attain personal health goals. 6.6.1
 - 2 Recognize how personal health goals can vary with changing abilities, priorities and responsibilities. 6.6.2
 - 3 Assess personal health practices and create a goal to maintain or improve personal health practices. 6.6.3
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Practice health-enhancing behaviors and avoid or reduce health risks.

- 1 Recognize positive health and wellness-related behaviors. 6.7.1
 - 2 Summarize personal health practices and behaviors to improve the health and wellness of self and others. 6.7.2
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Advocate for personal, family and community health.

- 1 State a health-enhancing position, supported with accurate information, to improve the personal health and wellness of others. 6.8.1
- 2 Describe how to influence and support others to make positive behavior choices to improve personal health and wellness. 6.8.2