

Grade 6

Adopted 2012

Comprehend concepts related to health promotion and disease prevention to enhance health.

Analyze how health education and promotion benefits individuals (e.g., reduces number of doctor visits, premature deaths, and chronic diseases).

Explore ways health promotion reduces health care costs.

Discuss how body hygiene, posture, and one's self-image affect overall health.

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

Describe the benefits and threats of technological advances to healthy living.

Relate how information presented in the media affects the attitude of our population toward health related issues.

Demonstrate the ability to access valid health information and products and services to enhance health.

Research current health promoting products and services.

Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Demonstrate strategies to manage conflict in healthy ways.

Examine how to handle difficult interpersonal situations through effective communication.

Demonstrate the ability to use decision-making skills to enhance health.

Understand positive and negative reinforcement and how they relate to decision-making.

Demonstrate the ability to use goal-setting skills to enhance health.

Identify forms of exercise that help us to be healthier.

Define the responsibility a community has to help its members maintain good health.

Demonstrate the ability to practice health-enhancing behaviors

Demonstrate ways to practice helpful behaviors and build health skills.

Explain and give examples of the use, misuse, and abuse of substances.

and avoid or reduce health risks.

Demonstrate the ability to advocate for personal, family, and community health.

Describe various communication methods that accurately express health opinions and issues.

Investigate ways that indoor air quality can be improved in the classroom.

Employ the ability to encourage and support others in making healthy choices.

Identify ways natural resources can impact human health.