

Health: Grade 6

Adopted 2016

Wellness

1. Dimensions of Health

- 6. Describe interrelationships of dimensions of health. [H1.W1.6](#)
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2. Disease Prevention

- 6. Differentiate between communicable and noncommunicable diseases. [H1.W2.6](#)
 - 6. Determine how hereditary factors and health behaviors impact health. [H2.W2.6](#)
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3. Analyzing Influences

- 6. Explain factors that influence health decisions and behaviors. [H2.W3.6](#)
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4. Access Valid Information

- 6. Describe situations that call for expert health resources and services. [H3.W4.6](#)
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5. Communication

- 6. Explain effective communication skills. [H4.W5.6](#)
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6. Decision-Making

- 6. Identify circumstances that help or hinder making healthy decisions related to personal health. [H5.W6.6](#)
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7. Goal-Setting

- 6. Describe how goals can enhance health. [H6.W7.6](#)
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Safety

1. Injury Prevention

- 6. Identify guidelines related to bicycle, pedestrian, traffic, water, and recreation safety. [H1.SA1.6](#)
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2. First Aid

- a. Understand basic first aid skills. [H1.SA2.6.A](#)
- b. Understand cardiopulmonary resuscitation (CPR) and automated external defibrillator (AED) procedures. [H1.SA2.6.B](#)

3. Violence Prevention

- 6. Demonstrate ways to resolve conflict to prevent, reduce, and avoid violence. [H4.SA3.6](#)
 - a. Describe situations that could lead to violence. [H1.SA3.6.A](#)
 - b. Identify potential dangers of sharing personal information through electronic media. [H1.SA3.6.B](#)
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Nutrition

1. Food Groups and Nutrients

- 6. Understand differences between reliable and unreliable sources of nutrition information. [H3.N1.6](#)
 - a. Identify functions of the six nutrients: carbohydrates, fats, proteins, vitamins, minerals, water. [H1.N1.6.A](#)
 - b. Describe consequences of skipping meals. [H1.N1.6.B](#)
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2. Beverages

- 6. Summarize importance of staying hydrated. [H1.N2.6](#)
 - 6. Identify beverages that should be limited and provide evidence to support limiting intake. [H3.N2.6](#)
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3. Label Literacy

- a. Explain how different components of a Nutrition Facts label can be used to guide food and beverage choices. [H3.N3.6.A](#)
 - b. Distinguish between serving size and portion size. [H3.N3.6.B](#)
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4. Caloric Intake and Expenditure

- a. Distinguish between nutrient-dense and empty-calorie foods and identify examples of each. [H1.N4.6.A](#)
 - b. Compare and contrast caloric expenditure for a variety of physical activities. [H1.N4.6.B](#)
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5. Disease Prevention

- 6. Identify diseases often caused by nutritional choices. [H1.N5.6](#)
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6. Nutritional Planning

- 6. Develop a SMART (specific, measurable, attainable, realistic, and timely) goal to improve eating behaviors. [H6.N6.6](#)
 - 6. Identify circumstances that influence healthy decision-making related to food choices and eating behaviors. [H2.N6.6](#)
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Sexual Health

1. Anatomy, Reproduction, and Pregnancy

- 6. Identify parts of the reproductive systems. [H1.SE1.6](#)

2. Puberty and Development

6. Identify physical, social, mental, and emotional changes that occur during puberty. [H1.SE2.6](#)
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3. Self-Identity

6. Understand the range of gender roles, identity, and expression across cultures. [H2.SE3.6](#)
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4. Prevention

- a. Define abstinence and explain why it is the most effective method to prevent pregnancy and sexually transmitted infections (STDs), including HIV. [H1.SE4.6.A](#)
 - b. Explain how STDs are transmitted. [H1.SE4.6.B](#)
 - c. Identify examples of protective factors and risk behaviors. [H1.SE4.6.C](#)
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5. Healthy Relationships

6. Explain importance of talking with a family member and other trusted adults about relationships. [H3.SE5.6](#)
 - a. Identify ways to communicate effectively in a variety of relationships. [H1.SE5.6.A](#)
 - b. Recognize that everyone has the right to set boundaries based on personal values. [H1.SE5.6.B](#)
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6. Washington State Laws

- a. Understand which sexual health care services are available to youth. [H1.SE6.6.A](#)
 - b. Understand that there are behaviors that constitute sexual offenses. [H1.SE6.6.B](#)
 - c. Understand that it is illegal to send or post sexually explicit images or messages electronically. [H1.SE6.6.C](#)
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Social Emotional Health

1. Self-Esteem

- a. Describe factors that can influence self-esteem. [H1.S01.6.A](#)
 - b. Understand how to improve one's self-esteem. [H1.S01.6.B](#)
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2. Body Image and Eating Disorders

- a. Describe how self-esteem and body image are related. [H1.S02.6.A](#)
 - b. Explain importance of a positive body image. [H1.S02.6.B](#)
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3. Stress Management

- a. Define stressor, eustress, and distress. [H1.S03.6.A](#)
- b. Explain causes and effects of stress. [H1.S03.6.B](#)
- c. Understand stress management. [H1.S03.6.C](#)

4. Expressing Emotions

- 6. Investigate resources for support when dealing with difficult emotions. [H3.S04.6](#)
 - a. Explain importance of understanding other perspectives when resolving interpersonal conflicts. [H1.S04.6.A](#)
 - b. Summarize characteristics of empathy and compassion. [H1.S04.6.B](#)
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5. Harassment, Intimidation, and Bullying

- a. Describe different types of harassment, intimidation, and bullying. [H1.S05.6.A](#)
 - b. Analyze harmful effects of harassment, intimidation, and bullying. [H1.S05.6.B](#)
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6. Emotional, Mental, and Behavioral Health

- 6. Describe situations that call for professional emotional and mental and behavioral health services. [H3.S06.6](#)
 - a. Identify signs and symptoms of depression and anxiety. [H1.S06.6.A](#)
 - b. Identify reasons individuals may want to harm themselves. [H1.S06.6.B](#)
 - c. Understand that emotional and mental and behavioral health and well-being are as important as physical health and wellbeing. [H1.S06.6.C](#)
 - d. Define stigma related to mental and behavioral health. [H1.S06.6.D](#)
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Substance Use and Abuse

1. Use and Abuse

- a. Explain differences between appropriate use, misuse, and abuse of substances. [H1.SU1.6.A](#)
 - b. Understand stages of addiction. [H1.SU1.6.B](#)
 - 6. Describe how peers and family influence substance use and abuse. [H2.SU1.6](#)
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2. Effects

- 6. Understand short- and long-term effects of substance abuse on physical and mental health. [H1.SU2.6](#)
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3. Prevention

- 6. Identify how to use refusal skills to avoid substance use. [H1.SU3.6](#)
 - 6. Identify scenarios in which determine strategies to avoid exposure and use. [H7.SU3.6](#)
 - 6. Promote benefits of abstaining from or discontinuing substance use. [H8.SU3.6](#)
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4. Treatment

- 6. Identify valid and reliable substance abuse services. [H3.SU4.6](#)
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5. Legal Consequences

- 6. Identify legal and illegal substances. [H1.SU5.6](#)