

# Grade 6

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

## **Health Promotion**

- 1 Describe the interrelationship between social and emotional health in adolescence. 6.1.1
    - a Identify how positive relationships can enhance each dimension of health. 6.1.1.A
    - b Explain how stress can affect personal 6.1.1.B
  - 2 List ways to reduce or prevent injuries and illness. Examples: stretching techniques, regular exercise, equipment safety, flu shot, obtaining immunizations against HPV and other conditions 6.1.2
  - 3 Describe benefits of practicing healthy behaviors. Examples: using household products only for intended purposes, dietary choices, physical activity, drinking plenty of water 6.1.3
  - 4 Examine how personal health and wellness are affected positively or negatively by an individual's surroundings. 6.1.4
  - 5 Identify how positive family practices and beliefs promote personal health. Examples: regular dental and vision check-ups, regular doctor visits 6.1.5
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**Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.**

## **Analyzing Influences**

- 1 Examine how family and peers influence the health of adolescents. Examples: inactivity, fast food consumption 6.2.1
    - a List personal family guidelines and rules that enhance health. 6.2.1.A
    - b List peer situations that enhance health. 6.2.1.B
  - 2 Identify health services offered in the school. 6.2.2
  - 3 Investigate how messages from media influence health behaviors. Examples: social media, fast food advertisements, editing photos to enhance physical appearance 6.2.3
  - 4 Explain the influence of values and beliefs on individual health practices and behaviors. Examples: family values, religious beliefs 6.2.4
  - 5 Identify how bad health choices result in poor personal health. Example: excessive caloric intake resulting in excess poundage 6.2.5
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**Students will demonstrate the ability to access valid information, products, and services to enhance health.**

### **Access to Information**

- 1 Analyze the validity of a variety of Internet sources for health information. Examples: valid sites -.edu (education), .org (non-profit), or .gov (government); unreliable health information sites - .com (commercial) 6.3.1
    - a Identify local resources for reliable health information. Examples: public health agencies, school nurse, health education teacher 6.3.1.A
  - 2 Determine the accessibility of reliable resources, personnel, and services that enhance health. Examples: school counselor, school nurse, dentist, 911 6.3.2
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**Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.**

### **Interpersonal Communication**

- 1 Apply effective verbal and nonverbal communication skills to enhance health. Examples: praise, high-five, fist bump, thumbs up 6.4.1
    - a Demonstrate appropriate nonverbal communication skills someone could use when upset. Examples: walking away, remaining calm and quiet 6.4.1.A
  - 2 List refusal and negotiation skills to avoid or reduce health risks. Examples: saying no, suggesting alternative choices 6.4.2
  - 3 Determine when and how to utilize different communication strategies to deal with a variety of situations and conflicts. Examples: compromising, apologizing, addressing the issue 6.4.3
  - 4 Apply risk reduction behaviors to protect self and others from use of alcohol, tobacco, and other drugs. 6.4.4
  - 5 Apply the practice of keeping personal information private while online. 6.4.5
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**Students will demonstrate the ability to use decision-making skills to enhance health.**

### **Decision -Making**

- 1 Describe situations that can help or hinder making a healthy decision. Examples: socio-economic status, access to medical services, availability of healthful foods, sedentary lifestyle 6.5.1
  - 2 Distinguish between healthy and unhealthy alternatives to health-related issues or problems. Example: role-playing healthy ways to express anger and frustration 6.5.2
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**Students will demonstrate the ability to use goal-setting skills to enhance health.**

### **Goal -Setting**

- 1 Assess personal health practices. Examples: food choices, physical activity, hygiene 6.6.1
  - 2 Describe how setting goals to increase time for physical activity and academic study may reduce stress. 6.6.2
    - a List activities that can improve physical 6.6.2.A
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**Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.**

### **Self-Management**

- 1 Critique examples of responsible behaviors that reduce health risks. Examples: choosing healthy foods, participating in healthy activities, having regular medical and dental check-ups [6.7.1](#)
  - 2 Describe practices to avoid to reduce health risks to self and others. Examples: smoking or vaping, drinking alcohol, using illegal drugs, texting while driving [6.7.2](#)
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**Students will demonstrate the ability to advocate for personal, family, and community health.**

### **Advocacy**

- 1 State a health-enhancing position and support it with accurate information. Example: applying sunscreen has been proven to help prevent skin cancer [6.8.1](#)
- 2 Identify ways by which health messages can be altered to appeal to different audiences. Example: modifying a snack advertisement to target children, teenagers, or adults [6.8.2](#)