

# Grade 6

## Personal Health Concepts HE.6.PHC

### Standard 1 Core Concepts HE.6.PHC.1

- 1 Describe how the physical, mental social, and intellectual dimensions of health are interrelated. HE.6.PHC.1.1
  - 2 Identify personal health problems and concerns common to adolescents including reproductive development. HE.6.PHC.1.2
  - 3 Examine the importance of assuming responsibility for personal reproductive health behaviors. HE.6.PHC.1.3
  - 4 Describe situations when professional health services may be required. HE.6.PHC.1.4
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### Standard 2 Internal and External Influence HE.6.PHC.2

- 1 Analyze how media/social media influences personal and peer thoughts, feelings, and health behaviors. HE.6.PHC.2.1
- 2 Identify environmental factors that affect personal health. HE.6.PHC.2.2
- 3 Examine how friends and peers influence the health of adolescents. HE.6.PHC.2.3
- 4 Examine how family and culture influence the health of adolescents. HE.6.PHC.2.4
- 5 Recognize how personal health choices can affect hereditary risk factors. HE.6.PHC.2.5
- 6 Determine how social norms may impact healthy and unhealthy behavior. HE.6.PHC.2.6
- 7 Explain how body systems are impacted by hereditary factors and infectious diseases. HE.6.PHC.2.7
- 8 Describe legal and ethical behaviors when using the internet and social media. HE.6.PHC.2.8

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**Standard 3 Prevention and Decision Making** HE.6.PHC.3

- 1 Distinguish between the need for individual or collaborative decision making. HE.6.PHC.3.1
- 2 Specify the potential outcomes of each option when making a personal health-related decision. HE.6.PHC.3.2
- 3 Predict the potential outcomes of a health-related decision. HE.6.PHC.3.3
- 4 Use various methods to measure personal health status. HE.6.PHC.3.4
- 5 Develop an individual goal to adopt, maintain, or improve a personal health practice. HE.6.PHC.3.5
- 6 Determine strategies and skills needed to attain a personal health goal. HE.6.PHC.3.6
- 7 Monitor progress toward attaining a personal health goal. HE.6.PHC.3.7
- 8 Examine the likelihood of injury or illness if engaging in unhealthy/risky behaviors. HE.6.PHC.3.8
- 9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.3.9

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**Standard 4 Advocacy** HE.6.PHC.4

- 1 Use valid and reliable information to request access to health products, services, or environments. HE.6.PHC.4.1

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**Community and Environmental Health** HE.6.CEH**Standard 1 Core Concepts** HE.6.CEH.1

- 1 Describe how the physical, mental, social, and intellectual dimensions of community health are interrelated. HE.6.CEH.1.1
- 2 Identify community health problems and concerns common to adolescents. HE.6.CEH.1.2

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**Standard 2 Internal and External Influence** HE.6.CEH.2

- 1 Identify the impact of health information conveyed to students by the school and community. HE.6.CEH.2.1
- 2 Investigate changes to societal norms and how they influence health beliefs and behaviors. HE.6.CEH.2.2
- 3 Examine how media/social media influences peer and community health behaviors. HE.6.CEH.2.3
- 4 Propose ways that technology can influence peer and community health behaviors. HE.6.CEH.2.4

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**Standard 3 Prevention and Decision Making** HE.6.CEH.3

- 1 Choose healthy alternatives over unhealthy alternatives when making a decision. HE.6.CEH.3.1
- 2 Specify the potential outcomes of each option when making a community health-related decision. HE.6.CEH.3.2

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**Standard 4 Advocacy** HE.6.CEH.4

- 1 Describe how the community can influence and support others to make positive health choices. HE.6.CEH.4.1
- 2 State a health-enhancing position on a topic and support it with accurate information. HE.6.CEH.4.2

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**Consumer Health** HE.6.CH**Standard 1 Core Concepts** HE.6.CH.1

- 1 Examine how appropriate health care can promote personal health. HE.6.CH.1.1
- 2 Investigate a variety of technologies to gather health information. HE.6.CH.1.2
- 3 Identify available resources and services needed to attain a personal health goal. HE.6.CH.1.3

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**Standard 2 Internal and External Influence** HE.6.CH.2

- 1 Illustrate ways health messages and communication HE.6.CH.2.1

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**Standard 3 Prevention and Decision Making** HE.6.CH.3

- 1 Examine the validity of health information and determine the cost benefit of health products and services. HE.6.CH.3.1

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**Standard 4 Advocacy** HE.6.CH.4

- 1 Identify ways students can request access to appropriate resources and services that promote healthy living. HE.6.CH.4.1