

Maryland Health Education

# Grade 6

**Students will comprehend concepts related to health promotion and disease prevention to enhance health, including:** 1

**a Mental and Emotional Health** 1A

Wellness

- 1 Describe the components of wellness. 1A.6.1
- 2 Describe role models that demonstrate positive mental and emotional health. 1A.6.2

Emotions, feelings, and relationships

- 3 Examine the importance of being aware of one's own feelings and being sensitive to the feelings of others. 1A.6.3
- 4 Discuss how emotions change during adolescence. 1A.6.4

Self and social awareness

- 5 Identify triggers of strong emotions and apply healthy coping strategies. 1A.6.5
- 6 Identify strengths in self in order to prioritize personal skills and allow interests to develop. 1A.6.6

Self and social awareness

Trusted adults

- 7 Describe the qualities of a trusted adult with whom you could talk about your overall wellness. 1A.6.7
- 8 Identify the importance of telling a trusted adult if you or someone else is experiencing mental or emotional health challenges. 1A.6.8

Stress and anxiety

- 9 Explain the body's physical and psychological responses to stressful situations. 1A.6.9

Depression awareness

- 10 Identify depression as prolonged sadness with no identifiable cause. 1A.6.10

Suicide prevention

- 11 Identify warning signs of people who are in danger of hurting themselves or others and demonstrate how to tell a trusted adult. 1A.6.11

Teasing, bullying, harassment, and violence

- 12 Explain why it is wrong to tease, bully or discriminate against others based on personal characteristics. 1A.6.12

Social media

- 13 Identify sharing or posting personal information electronically about self or others on social media sites can impact mental and emotional health. 1A.6.13

Body image

- 14 Define the concept of a positive body image and its implications for mental and physical wellness. 1A.6.14

Disordered eating

15 Recognize signs of disordered eating. 1A.6.15

16 Identify the potential mental and physical consequences of disordered eating and why it is important to seek professional help. 1A.6.16

Loss and grief

17 Explain feelings and emotions associated with loss and grief. 1A.6.17

Stigma

18 Recognize the negative effects of stigma surrounding mental health conditions. 1A.6.18

Addiction

19 Recognize when a behavior or habit has a negative consequence on self or others. 1A.6.19

Self-harm

20 Recognize self-harming behaviors. 1A.6.20

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**b Substance Abuse Prevention 1B**

Medicines

1 Differentiate between proper use and abuse of prescription medicines. 1B.6.1

2 Distinguish between proper use and abuse of over-the-counter medicines. 1B.6.2

Household products

3 Explain why products can be harmful to self and others if ingested, inhaled, or absorbed. 1B.6.3

Alcohol, opioids, nicotine products, marijuana products, fentanyl, and other drugs

4 Describe situations that could lead to the use of alcohol, opioids, nicotine products, marijuana products, and other trending drugs or substances. 1B.6.4

5 Determine the reasons why people choose to use or not to use alcohol, opioids, nicotine products, marijuana products, and other trending drugs or substances. 1B.6.5

Environmental literacy

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## **c Family Life and Human Sexuality 1C**

### Healthy relationships and consent

- 1 Describe characteristics of healthy relationships. **1C.6.1**
- 2 Describe healthy ways to express affection, love, and friendship. **1C.6.2**
- 3 Identify why individuals have the right to refuse sexual contact. **1C.6.3**

### Gender identity and expression

- 4 Define sex assigned at birth, gender identity, and gender expression. **1C.6.4**

### Sexual orientation and identity

- 5 Explain sexual orientation. **1C.6.5**

### Harassment, teasing, and bullying

- 6 Describe ways to show courtesy and respect for others when aspects of their sexuality (such as sexual activity, sexual abstinence, sexual orientation, gender expression, and gender identity) are different from one's own. **1C.6.6**

### Anatomy and physiology

- 7 Identify human reproductive systems including medically accurate names for internal and external genitalia and their functions. **1C.6.7**
- 8 Describe conception and its relationship to the menstrual cycle and vaginal sex. **1C.6.8**

### Sexual health

#### Sexually explicit media

- 9 Identify the impact sexually explicit media can have on one's body image, expectations about sex, relationships, and self-esteem. **1C.6.9**
- 10 Explain the negative consequences of sending sexually explicit pictures or messages by e-mail or cell phone or posting sexually explicit pictures on social media sites. **1C.6.10**

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## **d Safety and Violence Prevention** 1D

Safety and injuries

Technology safety

- 1 Describe how sharing or posting personal information electronically about self or others on social media sites can negatively impact personal safety of self or others. 1D.6.1
- 2 Describe the positive and negative ways in which technology and social media can impact physical and emotional safety. 1D.6.2

Boundaries and consent

- 3 Demonstrate effective ways to express needs, wants, and feelings, including the setting of and respecting of personal limits and boundaries. 1D.6.3
- 4 Identify individuals have the right to refuse sexual contact. 1D.6.4

Discrimination and violence

- 5 Determine the benefits of using non-violence to solve interpersonal conflict. 1D.6.5
- 6 Examine and model appropriate, respectful, and healthy ways to express affection, love, and friendship between people and in various situations. 1D.6.6
- 7 Describe ways to reduce risk of injuries from firearms. 1D.6.7
- 8 Defend against teasing others based on personal characteristics such as body type, race, gender, appearance, mannerisms, and the way one dresses or acts. 1D.6.8

Abuse and assault

- 9 Identify and describe healthy relationships between children and others (e.g., persons in authority, coaches, teachers, and clergy). 1D.6.9
- 10 Identify verbal and/or non-verbal actions that constitute sexual mistreatment, grooming, harassment, abuse, assault, and exploitation. 1D.6.10

Trusted adults and responding to safety threats

Bystander intervention and compassion for victims

- 11 Explain the role of bystanders in escalating, preventing or stopping bullying, fighting, discrimination, and violence. 1D.6.11
- 12 Explain that it is never the fault of a person if they are made to feel unsafe. 1D.6.12

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**e Healthy Eating** 1E

Nutritious foods and beverages

- 1 Describe the U.S. Dietary Guidelines for Americans. 1E.6.1
- 2 Summarize the benefits of eating plenty of fruits, vegetables, and whole grains. 1E.6.2
- 3 Summarize the benefits of drinking water. 1E.6.3
- 4 Identify foods that are high in fiber, iron, and calcium. 1E.6.4
- 5 Describe the benefits of consuming foods high in fiber, iron and calcium. 1E.6.5
- 6 Describe the benefits of consuming an adequate amount of calcium and a variety of foods high in calcium. 1E.6.6

Sugar Sweetened Beverages

- 7 Identify a variety of sugar-sweetened beverages. 1E.6.7
- 8 Identify the importance of limiting the consumption of sugar-sweetened beverages. 1E.6.8

Food choices

Nutrition facts label

- 9 Identify the importance of a nutrition facts label. 1E.6.9
- 10 Identify the components of a nutrition facts label. 1E.6.10

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**f Disease Prevention and Control** 1F

Disease

- 1 Explain the difference between infectious and noninfectious diseases. 1F.6.1

Chronic diseases

Disease Prevention

- 2 Summarize ways that common infectious diseases are transmitted. 1F.6.2
- 3 Explain ways to prevent the spread of germs that cause infectious diseases. 1F.6.3

Hygiene

- 4 Identify the benefits of good hygiene practices for promoting health. 1F.6.4

Sleep

- 5 Recognize the benefits of getting adequate rest and sleep. 1F.6.5

Sun

- 6 Summarize actions to take to protect one's skin against potential damage from exposure to the sun. 1F.6.6

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**Students will analyze the influence of family,**

**a Examine how the family influences the health of adolescents.** 2.MS.6.A

peers, culture, media, technology, and other factors on health behaviors. 2

- b** Describe the influence of culture on health beliefs, practices, and behaviors. 2.MS.6.B
- c** Describe how peers influence healthy and unhealthy behaviors. 2.MS.6.C
- d** Analyze how the school and community can affect personal health practices and behaviors. 2.MS.6.D
- e** Analyze how messages from media influence health behaviors. 2.MS.6.E
- f** Analyze the influence of technology on personal and family health. 2.MS.6.F
- g** Explain how the perceptions of norms influence healthy and unhealthy behaviors. 2.MS.6.G
- h** Explain the influence of personal values and beliefs on individual health practices and behaviors. 2.MS.6.H
- i** Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors. 2.MS.6.I
- j** Explain how school and public health policies can influence health promotion and disease prevention. 2.MS.6.J

Students will demonstrate the ability to access valid information, products, and services to enhance health. 3

- a** Examine how the family influences the health of adolescents. 3.MS.6.A
- b** Describe the influence of culture on health beliefs, practices, and behaviors. 3.MS.6.B
- c** Describe how peers influence healthy and unhealthy behaviors. 3.MS.6.C
- d** Analyze how the school and community can affect personal health practices and behaviors. 3.MS.6.D
- e** Analyze how messages from media influence health behaviors. 3.MS.6.E
- f** Analyze the influence of technology on personal and family health. 3.MS.6.F
- g** Explain how the perceptions of norms influence healthy and unhealthy behaviors. 3.MS.6.G
- h** Explain the influence of personal values and beliefs on individual health practices and behaviors. 3.MS.6.H
- i** Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors. 3.MS.6.I
- j** Explain how school and public health policies can influence health promotion and disease prevention. 3.MS.6.J

Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. 4

- a Apply effective verbal and nonverbal communication skills to enhance health. 4.MS.6.A
- b Demonstrate refusal and negotiation skills to avoid or reduce health risks. 4.MS.6.B
- c Demonstrate effective conflict management or resolution strategies. 4.MS.6.C
- d Demonstrate how to ask for assistance to enhance the health of self and others. 4.MS.6.D

Students will demonstrate the ability to use decision-making skills to enhance health. 5

- a Identify circumstances that can help or hinder healthy decision-making. 5.MS.6.A
- b Determine when health-related situations require the application of a thoughtful decision-making process. 5.MS.6.B
- c Distinguish when individual or collaborative decision-making is appropriate. 5.MS.6.C
- d Distinguish between healthy and unhealthy alternatives to health-related issues or problems. 5.MS.6.D
- e Predict the potential short-term impact of each alternative on self and others. 5.MS.6.E
- f Choose healthy alternatives over unhealthy alternatives when making a decision. 5.MS.6.F
- g Analyze the outcomes of a health-related decision. 5.MS.6.G

Students will demonstrate the ability to use goal-setting skills to enhance health. 6

- a Assess personal health practices. 6.MS.6.A
- b Develop a goal to adopt, maintain, or improve a personal health practice. 6.MS.6.B
- c Apply strategies and skills needed to attain a personal health goal. 6.MS.6.C
- d Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. 6.MS.6.D

Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. 7

- a Explain the importance of assuming responsibility for personal health behaviors. 7.MS.6.A
- b Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others. 7.MS.6.B
- c Demonstrate behaviors that avoid or reduce health risks to self and others. 7.MS.6.C

**Students will demonstrate the ability to advocate for personal, family, and community health. 8**

**a State a health-enhancing position on a topic and support it with accurate information. 8.MS.6.A**

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**b Demonstrate how to influence and support others to make positive health choices. 8.MS.6.B**

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**c Work cooperatively to advocate for healthy individuals, families, and schools. 8.MS.6.C**

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**d Identify ways that health messages and communication techniques can be altered for different audiences. 8.MS.6.D**