

Course/Grade Level: Sixth Grade Health Curriculum

Focus: Students will assess and then evaluate how healthy they are by examining individual components of wellness. The components of health consist of social, mental, spiritual, emotional, environmental, and physical health.

H.6.1 Students will distinguish between the components that create a healthy well-rounded individual.

Students will...

- H.6.1.1 state how physical, emotional, social, and mental health are each important parts of being a well-balanced individual. (MS.1.1)
- H.6.1.2 state how spiritual and environmental health are each important parts of being a well-balanced individual. (MS.1.1)
- H.6.1.3 state the influences on health, healthy attitudes, and life skills needed to improve health.

H.6.2 Students will practice good decision-making and effective goal setting.

Students will...

- H.6.2.1 identify a problem.
- H.6.2.2 consider their values.
- H.6.2.3 list options.
- H.6.2.4 weigh the consequences.
- H.6.2.5 decide and act.
- H.6.2.6 evaluate their choice.
- H.6.2.7 define types of goals. (MS.6.1)
- H.6.2.8 give examples of why we set goals. (MS.6.1)
- H.6.2.9 describe how goals may strengthen the relationship between individuals. (MS.6.1)
- H.6.2.10 illustrate how to choose and reach goals. (MS.6.1)

(continued...)

H.6.3 **Students will develop an appreciation of positive self-esteem and body image by showing respect for themselves and others.** *(Supported by Project TEEN)*

Students will...

- H.6.3.1 discuss the acceptance of who I am. (MS.1.2)
- H.6.3.2 discuss accepting people's differences. (MS.1.2)
- H.6.3.3 describe why I feel good about me. (MS.1.2)
- H.6.3.4 describe why I feel good about others. (MS.1.2)
- H.6.3.5 show how you can respect others. (MS.1.2)
- H.6.3.6 describe a positive body image. (MS.1.2)
- H.6.3.7 identify influences on body image. ((MS.1.2)

H.6.4 **Students will analyze their emotional development as well as ways to cope with conflict and stress.** *(Supported by Guidance)*

Students will...

- H.6.4.1 identify their emotions and feelings. (MS.1.2)
- H.6.4.2 identify forces that affect emotions. (MS.1.2)
- H.6.4.3 describe ways to manage and express anger.
- H.6.4.4 define stress. (MS.3.4)
- H.6.4.5 identify various sources of stress. (MS.3.4)

H.6.5 **Students will describe physical growth and development and how to care for their bodies.** *(Supported by Project TEEN)*

Students will...

- H.6.5.1 compare growth patterns for boys and girls. (MS.1.2)
- H.6.5.2 describe puberty and other body changes. (MS.1.2)
- H.6.5.3 identify the effects of hormones on behavior. (MS.1.2)
- H.6.5.4 identify good hygiene procedures. (MS.1.2)

(continued...)

H.6.6 Students will compare and contrast aspects of healthy sexuality.

(Supported by Project TEEN)

Students will...

- H.6.6.1 describe healthy sexual relationships. (MS.1.4)
- H.6.6.2 define the differences between male and female reproductive systems. (MS.1.4)
- H.6.6.3 list and define sexually transmitted diseases, including AIDS. (MS.1.4)
- H.6.6.4 describe why abstinence is the best choice.

H.6.7 Students will define sexual abuse and exploitation and how to avoid unhealthy relationships. (Supported by Project TEEN)

Students will...

- H.6.7.1 define what sexual abuse and exploitation are.
- H.6.7.2 describe how to prevent and avoid sexual abuse.

H.6.8 Students will analyze substance abuse, misuse, and addiction.

(Supported by Project TEEN and Guidance)

Students will...

- H.6.8.1 identify healthy uses and possible harm of prescription drugs. (MS.3.1, 3.2, 4.4)
- H.6.8.2 examine harmful effects of drinking alcohol. (MS.1.1, 1.3, 3.1, 3.3)
- H.6.8.3 examine harmful effects of other illegal drugs. (MS.3.1, 3.3, 7.3)
- H.6.8.4 demonstrate refusal skills. (MS.5.4)
- H.6.8.5 demonstrate knowledge of healthy alternative choices to drug usage. (MS.1.1, 1.3, 3.1, 3.2)