

Grade Six

Students in grade six develop more sophistication in understanding health issues and practicing health skills. They apply health skills and strategies to improve or maintain personal and family health. Students begin to understand adolescent health issues and concerns and the relationship between choices and consequences. They understand how to be a positive role model and the impact of positive and negative peer pressure. Students demonstrate injury-prevention behaviors at school and elsewhere. They are resourceful and discriminating in accessing and critiquing health information.

Knowledge and Skills

- 6.1 The student will apply critical-thinking skills and personal-management strategies to address issues and concerns related to personal health and wellness. Key concepts/skills include
 - a) the importance of significant friends or adult mentors;
 - b) the relationship between self-image and gang-related behaviors;
 - c) the effects of environmental influences on personal health;
 - d) refusal strategies related to alcohol, tobacco, and other drugs;
 - e) prevention of communicable and non-communicable diseases.
- 6.2 The student will use knowledge of the body's structures and functions to make sound decisions related to personal health. Key concepts/skills include
 - a) relationships of the United States Department of Health and Human Services Dietary Guidelines for Americans to personal eating habits;
 - b) the interconnection of the body systems;
 - c) the effects of disease on the functions of the body;
 - d) the relationship of drugs, alcohol, tobacco, inhalants, and other harmful substances to body functioning;
 - e) the positive and negative effects of prescription and over-the-counter medications on body functioning.
- 6.3 The student will describe the connections between mental and physical development as they relate to adolescence. Key concepts/skills include
 - a) the effects of stress;
 - b) respect for individual differences;
 - c) positive and negative responses to criticism;
 - d) the effects of peer pressure;
 - e) the effects of bullying;
 - f) issues related to body image and weight management.
- 6.4 The student will analyze the consequences of personal choices on health and wellness. Key concepts/skills include
 - a) the relationships among personal actions, self-image, and personal success;
 - b) the importance of accepting responsibility for personal actions;
 - c) the use of resistance skills to avoid violence, gangs, weapons, and drugs;
 - d) identification and avoidance of risk-taking behaviors.
- 6.5 The student will demonstrate injury prevention and management skills to promote personal and family health. Key concepts/skills include
 - a) safety habits in vehicles and public areas;
 - b) first-aid and safety practices;
 - c) strategies to prevent accidents and injuries;
 - d) the need for and use of protective gear;
 - e) awareness of behaviors that can result in violent acts.

Information Access and Use

- 6.6 The student will access and analyze information for the purpose of improving personal and family health. Key concepts/skills include
- a) assessment of personal and family wellness;
 - b) analysis of the reliability of health information;
 - c) recognition of the persuasive tactics used by various types of media;
 - d) interpretation of the contraindications for prescription drugs and over-the-counter medicines.

Community Health and Wellness

- 6.7 The student will evaluate the benefits of becoming a positive role model within the family and the community. Key concepts/skills include
- a) involvement in community and family projects;
 - b) increased participation as a leader;
 - c) development of conflict-resolution skills;
 - d) respect for the opinions and beliefs of other individuals;
 - e) respect for rules and regulations.