

## Sixth Grade

### Comprehensive Health Strands:

Community/Environmental Health (C)  
Personal Health (PH)  
Human Growth and Development (H)  
Disease Prevention and Control (D)  
Drug Abuse Prevention (DA)

Nutrition (N)  
Consumer Health (CH)  
Mental Health (M)  
Safety and First Aid (S)  
Family Life (F)

### Competencies and Suggested Objectives:

1. **Comprehend concepts related to health promotion and disease prevention. (C, PH, CH, H)**
  - a. Analyze how health education and promotion benefits individuals (i.e., reduces number of doctor visits, premature deaths, and chronic diseases).
  - b. Theorize ways health promotion reduces healthcare costs.
  - c. Describe the benefits and threats of technological advances to healthy living.
  - d. Discuss how body hygiene, posture and one's self image affect overall health.
2. **Demonstrate the ability to obtain valid health information and health-promoting products and services. (C, CH, PH, N)**
  - a. Identify ways natural resources can impact human health.
  - b. Research current health promoting products and services.
3. **Demonstrate the ability to practice health-enhancing behaviors and reduce health risks. (CH, PH, F, D)**
  - a. Express personal feelings associated with making good or poor health related decisions.
  - b. Explain and give examples of the use, misuse and abuse of substances.
  - c. Discuss the responsibilities of the community that are necessary to obtain and maintain good health.
4. **Analyze the influence of culture, media, technology, and other factors on health. (H, CH, C, PH, M)**
  - a. Explain how advances in communication services have improved healthcare.
  - b. Analyze how collaboration among different entities is necessary for individuals to receive proper healthcare.
  - c. Relate how information presented in the news media affects the attitude of our population toward health related issues.

- 5. Demonstrate the ability to use interpersonal communication skills to enhance health. (M, PH, D, S, D)**
  - a. Demonstrate strategies to manage conflict in healthy ways.
  - b. Differentiate between healthy and unhealthy ways of expressing emotions.
  - c. Examine how to handle difficult interpersonal situations through effective communication.
  
- 6. Demonstrate the ability to use goal-setting and decision-making skills to enhance health. (PH, N, H, F, D)**
  - a. Understand positive and negative reinforcement and how they relate to decision-making.
  - b. Compare and contrast various diet plans and how they relate to personal health.
  
- 7. Demonstrate the ability to advocate personal, family, and community health. (C, PH, F, H, S)**
  - a. Analyze various communication methods that accurately express health opinions and issues.
  - b. Evaluate the services your school and community provide for individuals with special needs.
  - c. Employ the ability to encourage and support others in making healthy choices.