

6th Grade Health Education Objectives

UNIT: TOBACCO, ALCOHOL & OTHER DRUGS – TOBACCO

The student will:

Health Content Concepts

- Describe short-term and long-term effects of tobacco use and nonuse on self, others, relationships, and society
 - Diseases
 - Second-hand smoke
 - Addiction (physical and psychological)

Analyzing Influences

- Explain how internal and external factors influence decisions about tobacco use and nonuse
 - External factors - media, peer pressure, family
 - Internal factors - values, stress, curiosity, depression

Self-Management

- Demonstrate skills that promote a personal commitment to remain tobacco-free
 - Recognizing peer norms
 - Decision making
 - Problem solving
 - Goal setting
 - Stress management
 - Assertiveness.

UNIT: DISEASE PREVENTION AND CONTROL

The student will:

Health Content Concepts

- Identify the causes, risk factors, and protective factors/preventative factors that influence communicable diseases
 - Define communicable disease
 - Causes – viruses, bacteria, fungi, parasites, etc.
 - Risk factors - sharing personal health products, poor hygiene, unsafe food handling, contact with specific body fluids
 - Preventative/protective factors - immunization, check-ups, handwashing, universal precautions, hygiene practices, staying home when sick
- Describe the transmission, treatment, and prevention of HIV and AIDS
 - Define HIV and AIDS
 - Transmission, to include sexual contact, IV drug use, mother to baby
 - Prevention, to include universal precautions and abstinence.

UNIT: SAFETY, FIRST AID, AND INJURY PREVENTION

The student will:

Health Content Concepts

- Identify ways to prevent injuries resulting from risky behaviors and situations.
 - Risky behaviors and situations, to include gangs, household products (inhalants), inappropriate use of electronics, recklessness (speed, not following directions, etc.)
 - Prevention techniques, to include first aid courses, CPR courses, use of safety equipment (helmets, seatbelts, mouthguards)

Interpersonal Communication

- Apply prevention and intervention strategies to situations that involve bullying and teasing, to include cyber-bullying
 - Define: bullying, bystander, and teasing
 - Where to get help, how to get help, whom to tell
 - Tattling versus telling
- Apply intervention strategies to situations involving the four types of child abuse (physical, sexual, mental injury, neglect)
 - Where to get help, how to get help, whom to tell
 - Intervention - parent, teacher, counselor, police, clergy, other trusted adults
 - Address barriers to intervention: fear of the abuser, fear of consequences to the abuser, fear of impact on family, fear of not being believed

Self-Management

- Demonstrate basic first aid procedures for the following conditions/injuries:
 - Cardiac arrest: compression-only CPR and location and use of AED
 - Bleeding: cuts, nosebleeds, etc.
 - Poisoning
 - Burns: minor and severe
 - Sprains
 - Choking/airway obstruction
 - Concussion
- Develop strategies to prepare for emergency situations.
 - Natural disasters, terrorist attacks, etc.

UNIT: HUMAN SEXUALITY

The student will:

Health Content Concepts

- Identify physical and nonphysical changes that occur during puberty
 - Define the following terms: sexuality, pituitary gland, puberty, adolescence
 - Age range for puberty
- Identify positive ways to manage emotions
- Explain the anatomy and physiology of the human reproductive system

- Male: internal and external structures, sperm production, erection, ejaculation
- Female: internal and external structures, egg maturation, ovulation, menstruation
- Explain the menstrual cycle and its relationship to conception and pregnancy
- Describe the process of human reproduction
 - Define the following terms as they relate to human sexuality: sexual intercourse, abstinence, fertilization, pregnancy, gender identity.

Notes:

- Prior to beginning instruction on this sensitive topic, it is important to establish ground rules that promote open and honest discussion and create a safe classroom environment for such discussion.
- The following terms may be defined if they come up during the course of instruction: transgender, masturbation, orgasm.