

## Health Education Grade 6

**The following health education standards are incorporated into each of the instructional units where appropriate:**

- Accessing Information
- Self Management
- Analyzing Influences
- Interpersonal Communication
- Decision Making
- Goal Setting
- Advocacy.

### **UNIT I: Tobacco, Alcohol, and Other Drugs**

**Goal.** The student will demonstrate the ability to utilize knowledge of tobacco, alcohol, and other drugs to develop skills and attitudes that promote drug and violence-free living.

**Objectives** – The student will be able to:

- a. Describe short and long-term effects of tobacco use and nonuse.
- b. Explain how internal and external factors influence decisions about tobacco use and nonuse.
- c. Examine media influences on health behaviors (media literacy).
- d. Review and model skills for saying no to tobacco products.
- e. Apply effective decision-making skills to situations involving tobacco.
- f. Identify positive alternatives to using tobacco products.

### **UNIT II: Disease Prevention and Control**

**Goal.** The student will demonstrate the ability to apply the concepts related to optimal health and disease prevention to promote a healthy lifestyle.

**Objectives** – The student will be able to:

- a. Identify the risk, protective, and preventative factors that influence communicable diseases.
- b. Describe the transmission, treatment, and prevention of HIV/AIDS.
- c. Identify current health care issues and the health services available in the community.
- d. Describe and choose appropriate health care services based on valid criteria: physicians/specialists, local health departments, hospitals, rehabilitation facilities, and holistic medicines.

### **UNIT III: Family Life and Human Sexuality**

**Goal.** The student will demonstrate the ability to use knowledge and understanding of growth and development during puberty to promote self-awareness.

**Objectives** – The student will be able to:

- a. Establish class ground rules that promote open and honest discussion of family life and human sexuality.
- b. Describe adolescence as a stage of human development.
- c. Explain the role of the pituitary gland during puberty.
- d. Identify physical and nonphysical changes that occur during puberty.
- e. Identify the anatomy of the human reproductive system.
- f. Explain the physiology of the human reproductive system.
- g. Describe fertilization and how it relates to the menstrual cycle.

### **UNIT IV: Safety, First Aid, and Injury Prevention**

**Goal.** The student will demonstrate the ability to use knowledge of safety, first aid, and injury prevention to develop skills and attitudes that promote safe living for self and others in the home, school, and community.

**Objectives** – The student will be able to:

- a. Describe procedures for the first responder in the Emergency Action Plan.
- b. Identify ways to prevent injuries resulting from risky behaviors and situations.
- c. Describe a plan for emergency preparedness.
- d. Identify strategies for safe Internet use.
- e. Describe and demonstrate intervention strategies for bullying and teasing.
- f. Identify barriers to the intervention of child abuse.
- g. Describe and demonstrate intervention strategies for child abuse.
- h. Identify basic first aid procedures.