6th Grade Health Education Objectives
2018/2019

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
  o Diseases
  o Second-hand smoke
  o Addiction (physical and psychological)

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

Self-Management
• Demonstrate skills that promote a personal commitment to remain tobacco-free
  o Recognizing peer norms
  o Decision making
  o Problem solving
  o Goal setting
  o Stress management
  o 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
  o Define communicable disease
  o Causes – viruses, bacteria, fungi, parasites, etc.
  o Risk factors - sharing personal health products, poor hygiene, unsafe food handling, contact with specific body fluids
  o 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
  o Define HIV and AIDS
  o Transmission, to include sexual contact, IV drug use, mother to baby
  o 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
  - Identify consent and non-consent
  - 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: SEXUAL HEALTH

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.