Alabama Health Education

Grade 6

Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Health Promotion

1. Describe the interrelationship between social and emotional health in adolescence. 6.1.1
   a. Identify how positive relationships can enhance each dimension of health. 6.1.1.A
   b. Explain how stress can affect personal 6.1.1.B
2. List ways to reduce or prevent injuries and illness. Examples: stretching techniques, regular exercise, equipment safety, flu shot, obtaining immunizations against HPV and other conditions 6.1.2
3. Describe benefits of practicing healthy behaviors. Examples: using household products only for intended purposes, dietary choices, physical activity, drinking plenty of water 6.1.3
4. Examine how personal health and wellness are affected positively or negatively by an individual's surroundings. 6.1.4
5. Identify how positive family practices and beliefs promote personal health. Examples: regular dental and vision check-ups, regular doctor visits 6.1.5

Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Analyzing Influences

1. Examine how family and peers influence the health of adolescents. Examples: inactivity, fast food consumption 6.2.1
   a. List personal family guidelines and rules that enhance health. 6.2.1.A
   b. List peer situations that enhance health. 6.2.1.B
2. Identify health services offered in the school. 6.2.2
3. Investigate how messages from media influence health behaviors. Examples: social media, fast food advertisements, editing photos to enhance physical appearance 6.2.3
4. Explain the influence of values and beliefs on individual health practices and behaviors. Examples: family values, religious beliefs 6.2.4
5. Identify how bad health choices result in poor personal health. Example: excessive caloric intake resulting in excess poundage 6.2.5

Stu
de
to access valid

ccess to Information

Skip to main content

information, products, and services to enhance health.	1 Analyze the validity of a variety of Internet sources for health information. Examples: valid sites -.edu (education), .org (non-profit), or .gov (government); unreliable health information sites - .com (commercial) 6.3.1 a Identify local resources for reliable health information. Examples: public health agencies, school nurse, health education teacher 6.3.1.A 2 Determine the accessibility of reliable resources, personnel, and services that enhance health. Examples: school counselor, school nurse, dentist, 911 6.3.2
Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	**Interpersonal Communication** 1 Apply effective verbal and nonverbal communication skills to enhance health. Examples: praise, high-five, fist bump, thumbs up 6.4.1 a Demonstrate appropriate nonverbal communication skills someone could use when upset. Examples: walking away, remaining calm and quiet 6.4.1.A 2 List refusal and negotiation skills to avoid or reduce health risks. Examples: saying no, suggesting alternative choices 6.4.2 3 Determine when and how to utilize different communication strategies to deal with a variety of situations and conflicts. Examples: compromising, apologizing, addressing the issue 6.4.3 4 Apply risk reduction behaviors to protect self and others from use of alcohol, tobacco, and other drugs. 6.4.4 5 Apply the practice of keeping personal information private while online. 6.4.5
Students will demonstrate the ability to use decision-making skills to enhance health.	**Decision -Making** 1 Describe situations that can help or hinder making a healthy decision. Examples: socio-economic status, access to medical services, availability of healthful foods, sedentary lifestyle 6.5.1 2 Distinguish between healthy and unhealthy alternatives to health-related issues or problems. Example: role-playing healthy ways to express anger and frustration 6.5.2
Students will demonstrate the ability to use goal-setting skills to enhance health.	**Goal -Setting** 1 Assess personal health practices. Examples: food choices, physical activity, hygiene 6.6.1 2 Describe how setting goals to increase time for physical activity and academic study may reduce stress. 6.6.2 a List activities that can improve physical 6.6.2.A
Students will demonstrate the ability to en	**Self-Management** 1 Critique examples of responsible behaviors that reduce health risks. Examples: choosing healthy foods, participating in healthy activities, having regular medical and dental check-ups 6.7.1

Skip to main content

and avoid or reduce health risks.	2 Describe practices to avoid to reduce health risks to self and others. Examples: smoking or vaping, drinking alcohol, using illegal drugs, texting while driving 6.7.2
Students will demonstrate the ability to advocate for personal, family, and community health.	**Advocacy** 1 State a health-enhancing position and support it with accurate information. Example: applying sunscreen has been proven to help prevent skin cancer 6.8.1 2 Identify ways by which health messages can be altered to appeal to different audiences. Example: modifying a snack advertisement to target children, teenagers, or adults 6.8.2