

Grade 6

Adopted 2021

Sixth Grade (17.00700)

1. Comprehend concepts related to health promotion and disease prevention to enhance health. HE6.1

- a. Compare how healthy behaviors and risk practices impact personal health. HE6.1.A
- b. Identify the interrelationships of emotional and social health in adolescence. HE6.1.B
- c. Examine how one's surroundings impact personal health and well-being. HE6.1.C
- d. Practice ways to reduce or prevent injuries. HE6.1.D
- e. Identify how health care can promote personal health and well-being. HE6.1.E
- f. Identify the benefits of practicing healthy behaviors. HE6.1.F
- g. Describe the consequences of engaging in unhealthy behaviors. HE6.1.G
- h. Explain the importance of choosing healthy foods and beverages. HE6.1.H
- i. Describe why household products are harmful if ingested or inhaled. HE6.1.I
- j. Differentiate short and long-term effects of alcohol, tobacco, and/or other drug use, including social and legal implications. HE6.1.J
- k. Describe positive alternatives to using alcohol and other drugs. HE6.1.K
- l. Analyze the characteristics of healthy relationships. HE6.1.L
- m. Describe the short and long-term effects of engaging in risky behaviors. HE6.1.M

2. Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. HE6.2

- a. Describe the influences on adolescence. HE6.2.A
- b. Identify the influence of various cultures on health beliefs and practices. HE6.2.B
- c. Explain how peers influence healthy behaviors. HE6.2.C
- d. Identify how the community can impact personal health practices and behaviors. HE6.2.D
- e. Illustrate how media messages influence health behaviors. HE6.2.E
- f. Explain the influence of technology on family health. HE6.2.F
- g. Explain the harmful effects of explicit media, messaging, and images on self-esteem body image, and relationships. HE6.2.G

- h. Identify norms that influence health behaviors. [HE6.2.H](#)
 - i. Compare how choices influence healthy and unhealthy behaviors. [HE6.2.I](#)
 - j. Identify how school and public health policies can influence health promotion. [HE6.2.J](#)
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3. Demonstrate the ability to access valid information, products, and services to enhance health. [HE6.3](#)

- a. Determine and examine the validity of health information, products, and services to prevent and detect health problems. [HE6.3.A](#)
 - b. Identify valid health information from home, school, and community that enhances health. [HE6.3.B](#)
 - c. Determine the accessibility of products that enhance and promote health. [HE6.3.C](#)
 - d. Describe circumstances that may require professional health services and resources. [HE6.3.D](#)
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4. Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. [HE6.4](#)

- a. Demonstrate effective verbal and nonverbal communication skills to enhance personal health and well-being. [HE6.4.A](#)
 - b. Demonstrate effective conflict management or resolution strategies. [HE6.4.B](#)
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5. Demonstrate the ability to use decision-making skills to enhance health. [HE6.5](#)

- a. Analyze influences in making an unhealthy or healthy choice. [HE6.5.A](#)
 - b. Identify situations that may require a decision-making process. [HE6.5.B](#)
 - c. Distinguish whether the individual should make decisions or if help should be sought. [HE6.5.C](#)
 - d. Choose between healthy and unhealthy alternatives to health-related situations. [HE6.5.D](#)
 - e. Study the potential short-term consequences of healthy and unhealthy alternatives on self and others. [HE6.5.E](#)
 - f. Decide which alternatives are healthy when making a decision. [HE6.5.F](#)
 - g. Predict the outcomes of a health-related decision. [HE6.5.G](#)
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6. Demonstrate the ability to use goal-setting skills to enhance health. [HE6.6](#)

- a. Assess personal health practices. [HE6.6.A](#)
 - b. Choose a personal health practice with a goal for adoption. [HE6.6.B](#)
 - c. Develop a plan to achieve a personal health goal. [HE6.6.C](#)
 - d. Explain how personal health goals can vary with changing priorities. [HE6.6.D](#)
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7. Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. [HE6.7](#)

- a. Identify the importance of accepting responsibility for personal health behaviors. [HE6.7.A](#)
 - b. Demonstrate healthy behaviors that will maintain or improve the health of self and/or others. [HE6.7.B](#)
 - c. Model practices to avoid or reduce health risks to self and/or others. [HE6.7.C](#)
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8. Demonstrate the ability to advocate for personal, family, and community health. [HE6.8](#)

- a. Investigate a health position or practice and support it with valid information. [HE6.8.A](#)
- b. Identify strategies that will support others in positive choices regarding their health. [HE6.8.B](#)
- c. Collaborate with others to advocate for healthy lifestyles and/or choices. [HE6.8.C](#)
- d. Identify the methods in which health messages can be altered to appeal to different age groups. [HE6.8.D](#)