North Carolina Health Education

Sixth Grade

Mental and Emotional Health

1 **Analyze the impact of health- related decisions on mental and emotional health.** 6.MEH.1

- 1 Recognize that guidance from a parent, guardian, or trusted adult is beneficial and should be sought for healthy decision-making. 6.MEH.1.1
- 2 Determine when health-related situations require the application of a thoughtful decision- making process. 6.MEH.1.2
- 2 Develop a goal to adopt, maintain, or improve a personal mental health plan. 6.MEH.1.3

2 **Demonstrate a variety of positive stress management techniques.** 6.MEH.2

- 1 Compare and contrast positive and negative stress management techniques. 6.MEH.2.1
- 2 Create a personal stress management plan. 6.MEH.2.2

3 **Analyze the relationship between healthy expression of emotions, mental health, and healthy behaviors.** 6.MEH.3

- 1 Develop the ability to reframe challenges or setbacks and see them as opportunities for growth. 6.MEH.3.1
- 2 Analyze the relationship between health-enhancing behaviors and navigating challenges. 6.MEH.3.2

Personal and Consumer Health

1 **Demonstrate age and developmentally appropriate practices that promote health and prevent or reduce the risk of disease.** 6.PCH.1

- 1 Differentiate between communicable and chronic diseases. 6.PCH.1.1
- 2 Recall symptoms associated with common communicable and chronic diseases. 6.PCH.1.2
- 3 Identify methods of prevention based on the modes of transmission of communicable diseases. 6.PCH.1.3
- 4 Summarize the triggers and symptoms for respiratory illnesses and strategies for controlling them. 6.PCH.1.4

2 **Develop health literacy through the examination of health claims and products.** 6.PCH.2

- Analyze how messages from media influence health behaviors. 6.PCH.2.1

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2 Analyze the validity of health information, products, and services from print and electronic sources. 6.PCH.2.2

Interpersonal Communications and Healthy Relationships

1 **Use skills for communicating effectively with family, peers, and others to enhance health.** 6.ICHR.1

1 Distinguish when individual or collaborative decision making is appropriate. 6.ICHR.1.1

2 Demonstrate the use of verbal and nonverbal communication skills. 6.ICHR.1.2

3 Demonstrate how to effectively communicate kindness, empathy, compassion, and respect for others. 6.ICHR.1.3

2 **Apply strategies and skills for developing and maintaining healthy relationships.** 6.ICHR.2

1 Explain how the physical and hormonal changes during puberty affect social relationships, and physical, mental, and emotional health. 6.ICHR.2.1

2 Identify trusted resources to report sexual harassment and bullying. 6.ICHR.2.2

3 Summarize strategies for predicting and avoiding conflict. 6.ICHR.2.3

4 Design productive and positive solutions to conflicts based on an understanding of the perspectives of those involved in the conflicts. 6.ICHR.2.4

5 Compare and contrast the signs of healthy and unhealthy relationships. 6.ICHR.2.5

3 **Summarize the changes that occur during puberty and adolescence.** 6.ICHR.3

1 Discuss the maturing of body systems during puberty. 6.ICHR.3.1

2 Examine the responsibilities of parenthood or guardianship. 6.ICHR.3.2

3 Demonstrate refusal skills that avoid or reduce health risks. 6.ICHR.3.3

Nutrition and Physical Activity

1 **Compare tools such as Dietary Guidelines and the Nutrition Facts Label as they relate to the planning of healthy nutrition and physical activity.** 6.NPA.1

1 Attribute the prevention of nutrition-related diseases to following the Dietary Guidelines for Americans. 6.NPA.1.1

2 Evaluate food choices using Nutrition Facts labels. 6.NPA.1.2

3 Apply current dietary guidelines for meal planning with a variety of food choices. 6.NPA.1.3

2 **Explore the benefits of consuming a variety of foods and beverages.** 6.NPA.2

1 Identify the six essential nutrients to make informed decisions regarding healthy eating. 6.NPA.2.1

2 Compare the nutrients in a variety of beverages. 6.NPA.2.2

3 Discuss the benefits of consuming foods high in fiber. 6.NPA.2.3

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ıpply lifelong nutrition and health- related fitness concepts to enhance quality of life. 6.NPA.3

1. Explain the relationships between food consumption, physical activity, and overall health. 6.NPA.3.1
2. Design a personal wellness plan addressing nutrition and physical activity to enhance quality of life. 6.NPA.3.2

Alcohol, Nicotine, Cannabis, and other Drugs

1. **Summarize the health risks associated with alcohol, nicotine products, cannabis, and other drug use.** 6.ANCOD.1
   1. Explain potential consequences of using any nicotine products, including vaping. 6.ANCOD.1.1
   2. Identify benefits of a smoke/vape-free and nicotine-free environment. 6.ANCOD.1.2
   3. Analyze family, media, and peer influences on the use, misuse, and avoidance of alcohol, nicotine, cannabis, and other drugs. 6.ANCOD.1.3
   4. Describe the potential effects of alcohol, nicotine, cannabis, and other drugs on physical, mental, and social health. 6.ANCOD.1.4

2. **Apply refusal skills to protect self and others from alcohol, nicotine products, cannabis, and other drug use.** 6.ANCOD.2
   1. Explain the importance of accepting responsibility for personal actions to avoid risk-taking behaviors related to substance abuse. 6.ANCOD.2.1
   2. Identify the types of support available at school and in the community for substance abuse. 6.ANCOD.2.2
   3. Examine how health-enhancing and risky behaviors can influence the likelihood of engaging in more of the same behaviors. 6.ANCOD.2.3