Health Education: Grade 6

Personal Wellness

Nutrition

1 Explain the relationship between a balanced nutrition program and the essential nutrients for overall wellness. 6.N.1

2 Analyze tools such as Dietary Guidelines and Food Fact Labels as they relate to the planning of nutrition and fitness. 6.N.2

3 Apply strategies to consume a variety of nutrient dense foods and beverages. 6.N.3

4 Research lifelong nutrition and health-related fitness concepts to enhance quality of life. 6.N.4

5 Identify nutrition information, products, and services and their accuracy and validity on nutrition claims. 6.N.5

General Health

1 Define the different dimensions of health (physical, mental, social, and emotional). 6.GH.1

2 Examine how one's surroundings influence personal health and wellbeing. 6.GH.2

3 Identify and apply decision-making strategies to enhance all aspects of health. 6.GH.3

4 Identify how personal goals can be affected by poor decision-making. 6.GH.4

5 Determine how individuals must identify which food choices and physical activity choices lead to their own optimal health. 6.GH.5

6 Identify ways that choice affects the lives of an individual, others, and society. 6.GH.6

Personal Hygiene

1 Identify and evaluate basic personal hygiene habits. 6.PH.1

2 Identify personal hygiene practices and health/safety issues related to puberty (e.g., but not limited to, showering, use of sanitary products, deodorant, and cleaning of athletic gear). 6.PH.2

Physical Activity and Fitness

1 Identify the importance of participation in the recommended one hour of daily physical activity. 6.PAF.1

2 Explain the benefits of exercise for improved social, mental, and physical health. 6.PAF.2

Skip to main content

3 Differentiate between physical activity and exercise; health-related and skill-related fitness. 6.PAF.3

4 Identify recreational activities that increased physical activity. 6.PAF.4

Disease Prevention

1 Identify communicable diseases, their symptoms, and how they are spread. Identify prevention techniques and treatment. 6.DP.1

2 Identify common non-communicable diseases, their symptoms, and how they are prevented and treated. 6.DP.2

3 Describe major chronic diseases and their relationship to nutrition, physical activity, genetics, and risky health choices and resources for preventative health care. 6.DP.3

4 Describe how environment and lifestyle impact health. 6.DP.4

Safety and Prevention

First Aid

1 Identify different emergencies and appropriate actions (ex. Cardiac arrest/CPR/AED). 6.FA.1

2 Identify appropriate resources available during emergency situations. 6.FA.2

Prevention

1 Identify basic refusal skills and demonstrate the ability to use them. 6.P.1

2 Identify laws and rules intended to prevent injuries. 6.P.2

3 Compare ways to reduce and/or prevent injuries related to vehicles, bikes, and pedestrians etc. 6.P.3

4 Explain the risks of possessing a weapon at home, school, and in the community and the importance of immediately reporting if a peer is possessing a weapon. 6.P.4

5 Identify resources for preventative healthcare. 6.P.5

Technology Safety

1 Identify trustworthy resources for health-related information (e.g., CDC, WHO). 6.TS.1

2 Describe how to report bullying, threatening situations, or inappropriate content related to social media. 6.TS.2

3 Explain the harmful effects of improper use of media, messages, and images. 6.TS.3

4 Describe the harmful effects on one's physical and mental health (eye strain, headaches, neck pain, low self-esteem, withdrawing, etc.). 6.TS.4

5 Identify how media influences mental, emotional, and social health; personal values attitudes, beliefs, and health behaviors. 6.TS.5

Vehicle Occupant Safety

Skip to main content

Discuss the importance of using seat belts while being a passenger to protect from injury or death. 6.VOS.1

Water Safety

1 Identify the five basic skills that could save a life in the water and how to avoid common dangers in water. 6.WS.1

Human Growth & Development

Anatomy & Physiology

1 Describe and explain the basic body systems and their functions. 6.AP.1

2 Summarize the human reproduction cycle. 6.AP.2

Puberty & Adolescent Development

1 Explain that puberty and physical development can vary among individuals. 6.PA.1

2 Understand the changes that occur during puberty and adolescence (e.g., growth spurts, peer influence, self- confidence, mood swings). 6.PA.2

3 Identify parents or other trusted adults to whom you can ask questions about puberty and adolescent health issues. 6.PA.3

Pregnancy & Reproduction

1 Define teen pregnancy and distinguish between myths and facts. 6.PR.1

2 Identify how the media influences risk behavior related to teen pregnancy. 6.PR.2

3 Identify the difference between abstinence and risk behaviors and why abstinence is the responsible and preferred choice for adolescence. 6.PR.3

4 Define sexual abstinence as it relates to pregnancy prevention. 6.PR.4

5 Explain how self-esteem affects decision-making related to pregnancy prevention. 6.PR.5

Relationships

7 Identify and explain the types of child abuse (physical, emotional, neglect, and sexual abuse, including human trafficking), including abuse that may occur in the home. 6.R.7

Sexually Transmitted Infections/HIV

1 Identify and define common sexually transmitted infection (STI) pathogens. 6.STI.1

2 Compare and contrast communicable and non-communicable diseases. 6.STI.2

3 Define human immunodeficiency virus (HIV) and acquired immunodeficiency syndrome (AIDS). 6.STI.3

4 Distinguish between safe and risky behavior as related to disease prevention. 6.STI.4

Substance Use & Abuse

Core Concepts

Describe appropriate and inappropriate use of medications and substances. 6.CC.1

Explain school policies and Tennessee laws related to the sale and use of substances such a vapes, tobacco, alcohol, and other substances. 6.CC.2

Skip to main content

3 Identify influences that pressure people to use alcohol, vapes, tobacco, or other drugs, including but not limited to interpersonal relationships, advertising, and social media. 6.CC.3

4 Identify harmful effects of vaping on the body and environment. 6.CC.4

Effects & Addiction

1 Explain the short- and long-term effects of substance use on an individual's eleven body systems, including cosmetic consequences. 6.EA.1

2 Identify the benefits of remaining substance use free (including vapes). 6.EA.2

3 Define addiction and signs and symptoms. 6.EA.3

4 Describe how the misuse of prescription medicines can progress to addiction to other harmful substances. 6.EA.4

Refusal & Risk Reduction

1 Identify assertive refusal skills and strategies when confronted with peer pressure to use substance that pose a health risk. 6.RR.1

2 Recognizing behaviors that may indicate alcohol or drug impairment and/or overdoses. 6.RR.2

Community Resources and Substance Use Recovery

1 Identify and describe local valid community resources that provide care or assistance to people with substance abuse issues. 6.CRR.1

Mental, Emotional, Social Health

Mental Health

1 Explain the importance of healthy self-esteem and positive body image. 6.MH.1

2 Identify ways to be mentally healthy. 6.MH.2

3 Define stigma, examples of it and how to reduce it. 6.MH.3

4 Identify signs and symptoms of common mental health conditions including suicidal ideations. 6.MH.4

5 Identify signs and symptoms, causes, triggers, and health effects of stress, loss, depression, and anxiety, and healthy and unhealthy coping skills. 6.MH.5

Conflict Resolution

1 Identify conflict management and resolution strategies. 6.CR.1

2 Describe the importance of setting personal boundaries for privacy, safety, and expression of emotions and opinions. 6.CR.2

3 Identify refusal and negotiation skills to avoid or reduce mental, emotional, social health in hypothetical situations. 6.CR.3

4 Identify a variety of nonviolent ways to respond when angry or upset. 6.CR.4

Skip to main content

5 Identify discrimination and bias, and how it can lead to violence. 6.CR.5

Social Health

1. Identify family structure, roles, and responsibilities and how they may change. 6.SH.1
2. Describe healthy and respectful ways to express friendship, attraction, and affection. 6.SH.2
3. Identify that there are individual, family, and cultural differences in relationships. 6.SH.3
4. Define trauma and resiliency. 6.SH.4
5. Discuss the importance of getting guidance from a trusted adult when faced with a threating situation (e.g., bullying, threats). 6.SH.5
6. Identify trusted adults who can help with mental, emotional, social health problems. 6.SH.6