

Curriculum Framework– Health Education, Grade 6

Health literacy is the ability to access, understand, appraise, apply and advocate for health information and services in order to maintain or enhance one’s own health and the health of others. The goal of health education is to develop health literate individuals. Health literate individuals can implement seven health skills while understanding multiple health areas to maintain or improve their own health and the health of others.

HE.600.11: Analyzing Influences: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

- 600.11.01 Explain the influence of school rules and community laws, perceptions of norms, social expectations, and personal values influence alcohol- and other drug-related practices and behaviors.
- 600.11.02 Explain how perceptions of norms, social expectations, and personal beliefs influence healthy and unhealthy food choices and other eating practices and behaviors.
- 600.11.03 Interpret how external and internal influences impact healthy and unhealthy personal health and wellness- related and behavior.
- 600.11.04 Compare the influence of school rules and community laws on mental and emotional health practices and behaviors.
- 600.11.05 Explain the influence of personal values and beliefs on individual health practices and behaviors.
- 600.11.06 Explain how perceptions of norms and social expectations influence healthy and unhealthy sexual practices, behaviors, and relationships.
- 600.11.07 Explain how perceptions of norms and social expectations influence behaviors related to tobacco-related practices and behaviors.
- 600.11.08 Explain the influence of school rules and community laws on safety and injury prevention practices and behaviors.
- 600.11.09 Consider how peers influence healthy and unhealthy behaviors.

HE.600.12: Accessing Information: Students will demonstrate the ability to access valid information and products and services to enhance health.

- 600.12.01 Examine the validity and reliability of information for over-the-counter and prescription medicines.
- 600.12.02 Examine the validity and reliability of nutrition information from home, school, or community.
- 600.12.03 Describe situations that call for professional mental and emotional health services.
- 600.12.04 Analyze the validity and reliability of personal health and wellness information, products, and services.
- 600.12.05 Locate valid and reliable health products and services.
- 600.12.06 Analyze the validity and reliability of sexual health information.

- 600.12.07 Analyze the validity and reliability of tobacco-related prevention information.

HE.600.13: Interpersonal Communication: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

- 600.13.01 Demonstrate the use of effective verbal and nonverbal communication to avoid taking another's prescription medication.
- 600.13.02 Demonstrate the use of effective verbal and nonverbal communication to avoid unhealthy food.
- 600.13.03 Demonstrate the effective use of verbal and nonverbal communication skills to enhance mental and emotional health.
- 600.13.04 Demonstrate the use of effective verbal and nonverbal communication skills to avoid or reduce exposure to secondhand smoke and tobacco use.

HE.600.14: Decision Making: Students will demonstrate the ability to use decision-making skills to enhance health.

- 600.14.01 Determine when situations related to alcohol and other drug use require a decision.
- 600.14.02 Determine when situations require a decision related to a healthy eating behavior.
- 600.14.03 Evaluate when situations require a decision related to mental and emotional health.
- 600.14.04 Determine when personal health and wellness situations require a decision.

HE.600.15: Goal Setting: Students will demonstrate the ability to use goal-setting skills to enhance health.

- 600.15.01 Use strategies and skills to achieve a personal goal to be alcohol and other drug-free.
- 600.15.02 Design a realistic personal goal to improve healthy eating behaviors.
- 600.15.03 Produce a realistic goal to improve a positive personal health and wellness-related practice.

HE.600.16: Self-Management: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- 600.16.01 Assess personal eating practices.
- 600.16.02 Assess personal physical activity practices.
- 600.16.03 Assess personal mental and emotional health practices.
- 600.16.04 Plan personal practices and behaviors that reduce or prevent alcohol and other drug use.

- 600.16.05 Explain the importance of being responsible for personal healthy eating behaviors.
- 600.16.06 Explain the importance of being responsible for personal mental and emotional health behaviors.
- 600.16.07 Explain the importance of being responsible for personal health and wellness-related behaviors.
- 600.16.08 State a healthy eating position, supported with accurate information, to improve the health of others.
- 600.16.09 Compose a health-enhancing position on a mental and emotional health topic, supported with accurate information, to improve the health of others.

HE.600.17: Advocacy: Students will demonstrate the ability to advocate for personal, family, and community health.

HE.600.21 Mental and Emotional Health: Students will demonstrate the ability to use mental and emotional health knowledge, skills, and strategies to enhance wellness.

- 600.21.01 Recognize personal stressors at home, in school, and with friends.
- 600.21.02 Distinguish personal stressors at home, in school, and with friends.
- 600.21.03 Compare positive and negative ways of dealing with stress.
- 600.21.04 Summarize the benefits of talking with parents and other trusted adults about feelings.
- 600.21.05 Explain appropriate ways to express needs, wants, emotions, and feelings.
- 600.21.06 Describe a variety of appropriate ways to respond to stress when angry or upset.
- 600.21.07 Formulate a realistic goal to improve or maintain positive mental and emotional health.
- 600.21.08 Explain appropriate ways to express needs, wants, emotions, and feelings.
- 600.21.09 Explain the interrelationship of physical, mental, emotional, social and spiritual health.

HE 600.22 Alcohol, Tobacco and Other Drugs: Students will demonstrate the ability to use drug knowledge, decision-making skills, and health enhancing strategies to address the non-use, use and abuse of medications, alcohol, tobacco and other drugs.

- 600.22.01 Explain the risks associated with using alcohol or other drugs and driving a motor vehicle.
- 600.22.02 Evaluate situations that could lead to the use of tobacco.
- 600.22.03 Distinguish between proper use and abuse of over-the-counter and prescription medicines.
- 600.22.04 Identify school policies and community laws related to the sale and use of tobacco products.

- 600.22.05 Differentiate short and long term physical effects of using tobacco.
- 600.22.06 Summarize the effects of secondhand smoke.
- 600.22.07 Analyze the risks associated with using alcohol or other drugs and riding in a motor vehicle.
- 600.22.08 Interpret why using alcohol or other drugs is an unhealthy way to manage stress.
- 600.22.09 Determine the benefits of being alcohol- and other drug-free.

HE 600.23 Personal and Consumer Health: Students will demonstrate the ability to use knowledge, skills, and strategies to develop sound personal and consumer health practices involving the use of healthcare products, services, and community resources.

- 600.23.01 Summarize the benefits of good hygiene practices for promoting health and maintaining positive social relationships.

HE.600.24 Family Life and Human Sexuality: Students will demonstrate the ability to use human development knowledge, social skills, and health enhancing strategies to promote positive relationships and healthy growth and development throughout the life cycle.

- 600.24.01 Compare the factors that protect against and contribute to engaging in sexual risk behaviors.
- 600.24.02 Summarize basic male and female reproductive body parts and their functions.
- 600.24.03 Describe conception and its relationship to the menstrual cycle.
- 600.24.04 Define sexual orientation and gender identity as identified in BOE Policy 443.

HE.600.25 Safety and Injury Prevention: Students will demonstrate the ability to apply prevention and intervention knowledge, skills, and processes to promote safe living in the home, school, and community.

- 600.25.01 Identify how sharing or posting personal information electronically about self or others on social media sites can negatively impact personal safety of self or others.
- 600.25.02 Describe actions to change unsafe situations at home and in the community.
- 600.25.03 Describe actions to change unsafe situations at school.
- 600.25.04 Identify various actions such as verbal and/or nonverbal, that constitute abuse and assault.
- 600.25.05 Identify and describe healthy relationships between children and others.
- 600.25.06 Identify healthy relationships roles.
- 600.25.07 Explain why it is wrong to tease or bully others based on personal characteristics.

HE.600.26 Nutrition and Fitness: Students will demonstrate the ability to use nutrition and fitness knowledge, skills, and strategies to promote a healthy lifestyle.

- 600.26.01 Analyze and describe the benefits of healthy eating in moderation.
- 600.26.02 Examine the U.S. Dietary Guidelines for Americans.
- 600.26.03 Summarize a variety of nutritious food choices for each food group.
- 600.26.04 Establish how to select healthy foods when dining out.
- 600.26.05 Explain the relationship between access to healthy foods and personal food choices.
- 600.26.06 Explain why the recommended amount of food a person needs each day may be different for each food group.
- 600.26.07 Classify the amount of food from each food group that a person needs each day.
- 600.26.08 Set a realistic personal goal to be physically active.
- 600.26.09 Identify healthy and risky approaches to weight management.

HE 600.27 Disease Prevention and Control: Students will demonstrate the ability to apply prevention and treatment knowledge, skills and strategies to reduce susceptibility and manage disease.

- 600.27.01 Summarize the symptoms of someone who is sick or getting sick.
- 600.27.02 Analyze the behavioral and environmental factors that contribute to the major chronic diseases.
- 600.27.03 Describe the importance of seeking help and treatment for common infectious diseases and chronic diseases.
- 600.27.04 Summarize health practices to prevent the spread of infectious diseases that are transmitted by food, air, indirect contact, and person to person contact.
- 600.27.05 Examine major chronic diseases and their relationship to what people eat.
- 600.27.06 Identify unhealthy effects of overexposure to ultraviolet rays.
- 600.27.07 Analyze the role of individual responsibility for preventing skin cancer.