

Comprehensive Health Sixth Grade

What it takes to be healthy

Short and long term consequences

sexual activity

healthy eating and physical activity

anxiety and depression

loss and grief

perpetrators, victims, and bystanders of violence

healthy relationships

hygiene practices

Communication for the health and safety of self and others

refusing tobacco, alcohol, drugs, and other substances

reporting school or community violence, including weapons, to a trusted adult

expressing needs, wants, and feelings

advocating to correct safety hazards

advocating for safety and preventing unintentional injuries

solving conflicts nonviolently

Valid and reliable health information

nutrition information and food labels

qualities of healthy family and peer relationships

signs of depression, sadness, and hopelessness for which someone should seek help

Relationships, media, perceived norms, lifestyle, and/or internal influences and their interactions

alcohol, tobacco, and drug use

behaviors that place one at risk for HIV/AIDS, STDs, or unintended pregnancy

feelings and behavior

peer relationships during adolescence

role of bystanders in violence

Healthy decision making strategies

planning for avoidance, refusal, and alternatives to alcohol, tobacco, drugs and other substances

reducing skin, hearing, and vision damage

avoiding violence

developing clear expectations and boundaries

KEY:

- Unifying Theme
- Organizing Concept
- Supporting Concept

ICON KEY: Prepared Graduate Competencies

- Healthy Eating
- Sexual Health
- Health Promotion
- Emotional and Social Wellness
- Alcohol, Tobacco, and Drug Prevention
- Violence-free Relationships
- Safety