

Grade 6

Physical and Personal Wellness CH.6.2

1 Evaluate the validity and reliability of information, products, and services to enhance healthy eating behaviors. CH.6.2.1

- a Define valid and reliable as a means to access information that enhances healthy eating behaviors. CH.6.2.1.A
 - b Evaluate the nutrition information on food labels to compare products. CH.6.2.1.B
 - c Identify reliable and unreliable resources and information regarding healthy eating. CH.6.2.1.C
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2 Identify valid and reliable resources regarding qualities of healthy family and peer relationships. CH.6.2.2

- a Describe the benefits of healthy relationships. CH.6.2.2.A
 - b Describe how peer and family relationships may change during adolescence. CH.6.2.2.B
 - c Determine valid and reliable resources that enhance healthy relationships. CH.6.2.2.C
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3 Comprehend the relationship between feelings and actions during adolescence. CH.6.2.3

- a Identify sexual feelings common to young adolescents, and differentiate between having sexual feelings and acting on them. CH.6.2.3.A
 - b Discuss possible physical, social, and emotional impacts of adolescent sexual activity. CH.6.2.3.B
 - c Describe the need to have clear expectations, boundaries, and personal safety strategies. CH.6.2.3.C
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4 Analyze how positive health behaviors can benefit people throughout their lifespan. CH.6.2.4

- a Explain the concept of nutrient-rich foods being balanced with physical activity. CH.6.2.4.A
 - b Analyze the short- and long-term benefits and consequences of healthy eating and physical activity. CH.6.2.4.B
 - c Summarize personal strategies for reducing environmental dangers to health (e.g., sun damage to skin, hearing loss, vision damage). CH.6.2.4.C
 - d Explain the benefits of good hygiene practices for promoting health and maintaining social relationships. CH.6.2.4.D
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Social and Emotional Wellness CH.6.3

- 1 Understand how to be mentally and emotionally healthy. CH.6.3.1**
 - a Explain the interrelationship of mental, emotional, and social health. CH.6.3.1.A
 - b Analyze the relationship between thoughts, emotions, feelings and behavior. CH.6.3.1.B
 - c Identify healthy ways to express needs, wants, and feelings. CH.6.3.1.C
 - d Explain the causes, symptoms, and effects of stress, anxiety, sadness, and depression. CH.6.3.1.D
 - e Identify when someone should seek help for sadness, hopelessness, and depression. CH.6.3.1.E
 - f Identify emotions and feelings associated with loss and grief. CH.6.3.1.F
 - g Explain how modern technology can have a positive and negative impact on mental and emotional health. CH.6.3.1.G

- 2 Apply effective verbal and nonverbal communication skills to enhance health. CH.6.3.2**
 - a Demonstrate refusal and negotiation skills that avoid or reduce health risks. CH.6.3.2.A
 - b Demonstrate effective conflict management or resolution strategies CH.6.3.2.B
 - c Demonstrate how to ask for assistance to enhance the health of self and others. CH.6.3.2.C
 - d Identify ways to advocate for self and others to enhance health and safety. CH.6.3.2.D

Prevention and Risk Management CH.6.4

- 1 Analyze the factors that influence a person's decision to use or not use marijuana, illegal drugs, prescription drugs, alcohol, and tobacco. CH.6.4.1**
 - a Analyze internal influences such as genetics, personality, and risk-seeking behaviors on drug use (marijuana, illegal drugs, prescription drugs, alcohol, and tobacco). CH.6.4.1.A
 - b Analyze external influences on the use of marijuana, illegal drugs, prescription drugs, alcohol, and tobacco. CH.6.4.1.B
 - c Analyze various strategies the media use, including advertisements and movies, to encourage or discourage marijuana, illegal drugs, prescription drugs, alcohol, and tobacco. CH.6.4.1.C
 - d Identify common mixed messages about marijuana, illegal drugs, prescription drugs, alcohol, and tobacco use in the media. CH.6.4.1.D
 - e Analyze the perception versus the reality of drug use in adolescents (marijuana, illegal drugs, prescription drugs, alcohol, and tobacco). CH.6.4.1.E

2 Demonstrate the ability to refuse marijuana, illegal drugs, abuse of prescription drugs, alcohol, and tobacco. CH.6.4.2

- a Demonstrate effective, assertive refusal skills in refusing marijuana, illegal drugs, abuse of prescription drugs, alcohol, and tobacco. CH.6.4.2.A
- b Explain how decisions about drug and substance use affect relationships. CH.6.4.2.B
- c Identify and summarize positive alternatives to drug and substance use. CH.6.4.2.C
- d Demonstrate planning skills for avoiding marijuana, illegal drugs, abuse of prescription drugs, alcohol, and tobacco. CH.6.4.2.D

3 Demonstrate ways to advocate for a positive, respectful school and community environment that supports pro-social behavior. CH.6.4.3

- a Understand the definition of bullying, as well as the roles of a bystander, perpetrator/bully, and victim in bullying. CH.6.4.3.A
- b Demonstrate how to prevent or stop bullying as a bystander, perpetrator, or victim. CH.6.4.3.B
- c Understand the consequences of unaddressed bullying for the victim, perpetrator/bully, and bystanders. CH.6.4.3.C
- d Advocate for a positive and respectful school environment that supports pro-social behavior. CH.6.4.3.D
- e Demonstrate the ability to identify a parent, trusted adult, or appropriate legal authorities to whom school or community violence should be reported. CH.6.4.3.E
- f Describe the dangers of and actions to be taken if aware of threats to harm self or others. CH.6.4.3.F
- g Describe the dangers of and actions to be taken if weapons are seen or suspected in schools. CH.6.4.3.G
- h Demonstrate appropriate communication skills to solve conflicts nonviolently. CH.6.4.3.H

4 Demonstrate ways to promote safety, and prevent unintentional injuries. CH.6.4.4

- a Demonstrate the ability to identify and correct safety hazards at home, in school, and in the community. CH.6.4.4.A
- b Develop a safety plan for self and/or others in home, school, and community. CH.6.4.4.B