

Grade 6

Health Promotion and Disease Prevention

- 1 Investigate personal diet, create an understanding of serving size versus portion size, and analyze nutritional needs of adolescents. [WE.6.1](#)

- 2 List short-term and long-term effects of alcohol, drugs, and tobacco. [WE.6.2](#)

- 3 List short-term and long-term effects of sedentary lifestyle. [WE.6.3](#)

- 4 Examine healthy behaviors and practices beneficial to each body system and help lead to a healthy lifestyle. [WE.6.4](#)

- 5 Describe how family health history, hereditary factors, and personal lifestyle choices impact personal health. [WE.6.5](#)

- 6 Analyze the seven dimensions of wellness and how to maintain or improve them (e.g., physical, emotional, social, intellectual, spiritual, environmental, and occupational). [WE.6.6](#)

- 7 Recognize medical terminology, anatomical landmarks, and functions of the reproductive system. [WE.6.7](#)

Culture, Media, and Technology

- 8 Analyze how media messages influence choices on health behaviors (e.g., tobacco, drugs, alcohol, eating disorders, etc.). [WE.6.8](#)

- 9 Analyze advertiser influences on consumer choices (e.g., brand names, fads). [WE.6.9](#)

- 10 Explain how families influence the health of adolescents (e.g., family time, meal preparation, religious practices, weight control). [WE.6.10](#)

- 11 Explain the influence of personal values, beliefs, and culture on health practices and behaviors. [WE.6.11](#)

- 12 Explain how peers, school, and community can impact personal health practices and behaviors. [WE.6.12](#)

- 13 Explain how technology has advanced health promotion and disease prevention. [WE.6.13](#)

- 14 Discuss the importance of respecting individual differences (e.g., race, religion, size, age, sex, gender identity). [WE.6.14](#)

Health Information and Service

15 Analyze the validity of health information, products, and services. WE.6.15

16 Identify sources of valid health information. WE.6.16

17 Describe situations that may require professional health services (e.g., drug addiction, suicide prevention, sudden illness, accidents). WE.6.17

18 Recognize the dangers of opioid use, the addictive characteristics of opioids, and safer alternatives to treat pain. WE.6.18

Communication

19 Demonstrate effective verbal and non-verbal communication skills (e.g., refusal skills, body language, restating). WE.6.19

20 Describe a variety of positive coping mechanisms and conflict resolution skills to deal with difficult situations. WE.6.20

21 Use positive communication skills to build and maintain healthy relationships. WE.6.21

22 Explain refusal and negotiation skills to avoid or reduce risks of dangerous situations. WE.6.22

Decision Making

23 List the steps of the decision-making process to solve problems. WE.6.23

24 Select healthy options that benefit health-related issues or problems. WE.6.24

25 Describe potential outcomes when making health-related decisions (obesity, alcoholism, drug dependence) for self and others. WE.6.25

26 Select decision-making skills that protect against communicable and non-communicable diseases. WE.6.26

27 Examine multiple options and differentiate between healthy and unhealthy choices when making decisions. WE.6.27

Goal Setting

28 Explain how the goal setting process is important in designing strategies to avoid risky behaviors. WE.6.28

29 Select a personal health goal and track progress toward achievement. WE.6.29

30 Describe how personal health goals and practices can change (e.g., maturity, peer influences, environment). WE.6.30

Health Behaviors

31 Differentiate between safe and risky behaviors in relationships. WE.6.31

32 Discuss healthy lifestyle practices to improve personal and family health. WE.6.32

33 List protective behaviors used to avoid and reduce threatening situations (e.g., be with a group, confide in trusted adults). WE.6.33

34 Identify appropriate strategies used to reduce stress, anxiety, and depression. WE.6.34

35 Contrast the differences between safe and risky behaviors for preventing pregnancy and STDs/STIs. WE.6.35

36 Demonstrate CPR, hands only CPR, AED, and basic first aid. WE.6.36

Advocacy

37 Advocate for healthy lifestyles. WE.6.37

38 Discuss ways health messages can be altered depending on the audience. WE.6.38

39 Explain how to influence others to make positive health choices. WE.6.39

40 Discuss results of national or state youth risk behavior survey information. WE.6.40