



HEALTH
SIXTH GRADE
17.00700

Sixth Grade Health Education Standards

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Students in sixth grade generate and choose positive alternatives to risky behaviors. They use skills to resist peer pressure and manage stress and anxiety. Students are able to relate health choices (e.g., nutritional, physical activity) to alertness, feelings, and performance at school or during physical activity. Students exhibit a healthy lifestyle, interpret health information, and promote good health.

HE6.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Description: Students will acquire basic personal health concepts that help maintain healthy behaviors and prevent disease. Sixth grade students will identify actions and behaviors to prevent injuries, diseases, and disorders

- a. Compare how healthy behaviors and risk practices impact personal health.
- b. Identify the interrelationships of emotional and social health in adolescence.
- c. Examine how one's surroundings impact health and wellness.
- d. Identify how family culture and beliefs can impact personal health.
- e. Practice ways to reduce or prevent injuries.
- f. Identify how health care can promote health.
- g. Identify the benefits of practicing healthy behaviors.
- h. Describe the consequences of engaging in unhealthy behaviors.

HE6.2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Description: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. Sixth grade students will compare how the family, peers, culture, and media influence personal and family health. Students will review how laws, rules, and regulations influence health promotion and risk reduction.

- a. Identify how family practices influence the health of adolescents.
- b. Identify the influence of culture on health beliefs and practices.
- c. Explain how peers influence healthy behaviors.
- d. Identify how the community can affect personal health practices and behaviors.
- e. Illustrate how media messages influence health behaviors.
- f. Explain the influence of technology on family health.
- g. Identify norms that influence health behaviors.
- h. List the influence of personal values on health practices.
- i. Identify how some health choices influence unhealthy behaviors.
- j. Describe how school policies can influence health promotion.

HE6.3: Students will demonstrate the ability to access valid information and products and services to enhance health.

Description: Students will access valid health information and health-promoting products and services. Sixth grade students will identify and access valid health resources and services that promote healthy living within the school and community.

- a. Determine validity of health information, products, and services.
- b. Locate valid information from home, school, and community.
- c. Determine the accessibility of products that enhance health.
- d. Describe the situations that may require professional health services.
- e. Locate valid and reliable health products and services.

HE6.4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Description: Students will use effective communication skills to enhance personal, family, and community health. Sixth grade students will use verbal and nonverbal communication skills to develop and maintain healthy personal relationships

- a. Recognize effective verbal and nonverbal communication skills to enhance health.
- b. Identify refusal and negotiation skills that avoid or reduce health risks.
- c. Examine effective conflict management or resolution strategies.

HE6.5: Students will demonstrate the ability to use decision-making skills to enhance health.

Description: Students will use decision-making skills to identify, apply, and maintain health-enhancing behaviors. Sixth grade students will evaluate if a behavior is healthy or not and recognize unhealthy behaviors as posing a danger to well-being

- a. List some reasons that one may use to make an unhealthy choice.
- b. Decide whether a health-related situation may require a carefully considered decision-making process.
- c. Distinguish whether decisions should be made by the individual or if help should be sought.
- d. Choose between healthy and unhealthy alternatives to health-related problems.
- e. Study the potential short-term impact of each alternative on self and others.
- f. Decide which alternatives are healthy when making a decision.
- g. Predict the outcomes of a health-related decision.

HE6.6: Students will demonstrate the ability to use goal-setting skills to enhance health.

Description: Students will use goal-setting skills to identify, apply, and maintain health-enhancing behaviors. Sixth grade students will understand and use the specific steps that are necessary to set and achieve both short-term and long-term health goals.

- a. Assess personal health practices and decide whether or not they are healthy.
- b. Choose a goal to adopt a personal health practice.
- c. Develop a plan to achieve a personal health practice.
- d. Explain how personal health goals can vary with changing priorities.

HE6.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Description: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. Sixth grade students will practice health-enhancing behaviors that contribute to a positive quality of life. By accepting responsibility for personal health, students will build a foundation for living a healthy and productive life.

- a. Identify the importance of being responsible for health behaviors.
- b. Demonstrate healthy behaviors that will maintain or improve the health of self and others.
- c. Describe practices to avoid or reduce health risks to self and others.

HE6.8: Students will demonstrate the ability to advocate for personal, family, and community health.

Description: The students will demonstrate the ability to advocate for personal, family, and community health. Sixth grade students will apply advocacy skills that encourage others to adopt health-enhancing behaviors.

- a. State a health position and support it with accurate information
- b. Demonstrate how to support others in positive choices regarding their health.
- c. Plan with others to advocate for healthy lifestyles or choices.
- d. Identify the methods in which health messages can be altered to appeal to different age groups.