

## Health Education: Grade 6

### Health Literacy Skills

- Accesses valid health information
- Practices health-enhancing behaviors
- Analyzes influences on health
- Uses interpersonal communications skills to enhance health
- Uses goal-setting and decision-making skills to enhance health
- Advocates for health

### Personal and Community Health

- Explains the relationship between health and wellness
- Explains good hygiene based on developmental changes
- Describes noncommunicable diseases of adolescents and adults
- Analyzes factors that influence health choices

### Safety and Injury Prevention

- Demonstrates basic first aid for injury and sudden illness
- Describes appropriate responses to fire and weather emergencies

### Nutrition and Physical Activity

- Analyzes the relationship between wellness and healthful nutrition and physical activity
- Determines appropriate portion sizes for various food groups in planning a balanced meal
- Sets personal goals for nutrition and exercise

### Mental Health

- Identifies peer pressure and its influence on personal choice
- Strategizes actions for dealing with negative peer pressure
- Demonstrates healthful strategies to deal with conflict and stress

### Alcohol, Tobacco, and Other Drugs

- Describes the nature of dependence and addiction to alcohol and tobacco
- Analyzes influences on decisions about alcohol and tobacco

### Family Life and Human Sexuality

- Describes the structure and function of the human reproductive system
- Recognize abstinence as the most prevent pregnancy
- Analyze influences on decisions regarding healthful sexuality.