

Course Name: Grade 6 - Health Education (M8602)

Course Description:

The Grade 6-8 Health Education Program is designed to give students the opportunity to examine the importance of wellness throughout a lifespan. Students will examine factors that both support and hinder the achievement of personal health goals. Students will explore the efforts of organizations to prevent and control disease as well as health conditions. The program is also designed to give students the ability to analyze various health issues to determine not only how they can live healthier lives, but how they can positively impact the health of others. An examination of the impact that community and groups can have on individuals will allow students to plan and implement ways to promote health at various levels. Students will not only understand the short-term and long-term effects of various drugs, but they will also gain an understanding of the cycle of addiction and dependency. Students will gain the skills necessary to examine the short and long-term effects of their decisions. Students will also explain the role of practicing healthy behaviors in an effort to prevent disease and unintended health issues and outcomes. Students will examine the characteristics of a healthy relationship and will discuss the various types of relationships that exist as well as cultural stereotypes. Students will understand the strategies available to deal with stress, conflict, crisis, and change. The students will determine when it is necessary to seek help from a health professional and research ways to advocate for health issues. In order to achieve these goals, the course will be guided by both the New Jersey State Standards and the National Standards for Health Education.

Course Proficiencies:

The following list of proficiencies describes what students are expected to know and be able to do as a result of successfully completing this course. The proficiencies are the basis for assessment of student achievement. The learner will demonstrate the ability to:

Personal Growth and Development

- A. Identify the relationship between healthy behaviors and how appropriate health care can promote personal health. 2.1.8.PGD.1
- B. Analyze the relationship between healthy behaviors, personal health and how these contribute to our major body systems (Cardiovascular, Digestive, Excretory, Muscular, Skeletal, Nervous). 2.1.8.PGD.4

Alcohol, Tobacco and Other Drugs

- A. Determine the impact that alcohol and drugs can have on an individual's social, emotional, and physical well-being. 2.3.8.DSDT.3

Social and Emotional Health

- A. Describe how self-management skills impact an individual’s ability to cope with different types of mental, psychological, and emotional situations. 2.1.8.EH1; 2.1.8.EH.2
- B. Analyze difficult situations that might lead to feelings of sadness, anxiety, and/or depression and identify where assistance may be available. 2.1.8.CHSS.8
- C. Examine how culture influences the way families cope with traumatic situations, crisis, and change. 2.1.8.SSH.6
- D. Compare and contrast the characteristics of healthy and unhealthy friendships and understand how to set personal boundaries and limits on friendships and honor the boundaries of others. 2.1.8.SSH.4
- E. Develop a plan for the school to promote inclusivity, acceptance, and belonging in the school and community. 2.1.8.SSH.1; 2.1.8.SSH.2

Health Conditions, Diseases and Medicine

- A. Identify how diseases can be contracted from a variety of sources and describe how the choices individuals make may contribute to or prevent a person from being susceptible to a disease or health condition. 2.3.8.HCDM.1
- B. Determine the role of genetics, personal behaviors and how the immune system may contribute to, or prevent a person from being susceptible to disease and illness. 2.3.8.HCDM.2; 2.3.8.HCDM.3; 2.3.8.HCDM.6.
- C. Explain how disease prevention, treatment strategies, and appropriate medicines promote health-enhancing behaviors. 2.3.8.HCDM.7

Personal Safety

- A. Demonstrate strategies to use technology and social media safely, legally and respectfully and evaluate the impact this can have on relationships. 2.3.8.PS.6
- B. Define the word consent and explore how it applies to personal safety. 2.3.8.PS.2

Community Health Services and Support

- A. Collaborate with other students to develop an advocacy plan regarding health issues and climate change and share this information in an appropriate setting. 2.1.8.CHSS.6; 2.1.8.CHSS.7

Assessments:

The evaluation of student achievement in this class is based on the following:

- Tests/quizzes
- Open-ended responses and essays
- Individual and group projects
- Multimedia presentations
- Classroom discussions

Board Adopted Materials:

Teaching Resources and Related Student Materials:

- Glencoe Teen Health 1, Glencoe/McGraw-Hill (2009)
- Project School Wellness [Project School Wellness](#)
- PBS Kids - Managing Emotions [PBS Kids](#)
- **Stress basic info/fight or flight** [Fight or Flight](#)
- [Cave Man Video](#)
- Additional Stress resources - [Building Stress Management Lesson Plans](#)
- [Kidshealth.org](#)
- Skeletal System cutout - [rockyourhomeschool](#)
- Top 5 Health Concerns in the United States - [Top 10 Common Health Issues](#)
- Climate change - [NASA Climate Kids](#)
- Drugs/Alcohol - [Kidshealth.org](#)