

# Grade 6

Adopted 2021

## Sixth Grade (17.00700)

- 1. Comprehend concepts related to health promotion and disease prevention to enhance health. HE6.1**
  - a. Compare how healthy behaviors and risk practices impact personal health. HE6.1.A
  - b. Identify the interrelationships of emotional and social health in adolescence. HE6.1.B
  - c. Examine how one's surroundings impact personal health and well-being. HE6.1.C
  - d. Practice ways to reduce or prevent injuries. HE6.1.D
  - e. Identify how health care can promote personal health and well-being. HE6.1.E
  - f. Identify the benefits of practicing healthy behaviors. HE6.1.F
  - g. Describe the consequences of engaging in unhealthy behaviors. HE6.1.G
  - h. Explain the importance of choosing healthy foods and beverages. HE6.1.H
  - i. Describe why household products are harmful if ingested or inhaled. HE6.1.I
  - j. Differentiate short and long-term effects of alcohol, tobacco, and/or other drug use, including social and legal implications. HE6.1.J
  - k. Describe positive alternatives to using alcohol and other drugs. HE6.1.K
  - l. Analyze the characteristics of healthy relationships. HE6.1.L
  - m. Describe the short and long-term effects of engaging in risky behaviors. HE6.1.M

---

**2. Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.** HE6.2

- a. Describe the influences on adolescence. HE6.2.A
- b. Identify the influence of various cultures on health beliefs and practices. HE6.2.B
- c. Explain how peers influence healthy behaviors. HE6.2.C
- d. Identify how the community can impact personal health practices and behaviors. HE6.2.D
- e. Illustrate how media messages influence health behaviors. HE6.2.E
- f. Explain the influence of technology on family health. HE6.2.F
- g. Explain the harmful effects of explicit media, messaging, and images on self-esteem body image, and relationships. HE6.2.G
- h. Identify norms that influence health behaviors. HE6.2.H
- i. Compare how choices influence healthy and unhealthy behaviors. HE6.2.I
- j. Identify how school and public health policies can influence health promotion. HE6.2.J

---

**3. Demonstrate the ability to access valid information, products, and services to enhance health.** HE6.3

- a. Determine and examine the validity of health information, products, and services to prevent and detect health problems. HE6.3.A
- b. Identify valid health information from home, school, and community that enhances health. HE6.3.B
- c. Determine the accessibility of products that enhance and promote health. HE6.3.C
- d. Describe circumstances that may require professional health services and resources. HE6.3.D

---

**4. Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.** HE6.4

- a. Demonstrate effective verbal and nonverbal communication skills to enhance personal health and well-being. HE6.4.A
- b. Demonstrate effective conflict management or resolution strategies. HE6.4.B

---

**5. Demonstrate the ability to use decision-making skills to enhance health.** HE6.5

- a. Analyze influences in making an unhealthy or healthy choice. HE6.5.A
- b. Identify situations that may require a decision-making process. HE6.5.B
- c. Distinguish whether the individual should make decisions or if help should be sought. HE6.5.C
- d. Choose between healthy and unhealthy alternatives to health-related situations. HE6.5.D
- e. Study the potential short-term consequences of healthy and unhealthy alternatives on self and others. HE6.5.E
- f. Decide which alternatives are healthy when making a decision. HE6.5.F
- g. Predict the outcomes of a health-related decision. HE6.5.G

---

**6. Demonstrate the ability to use goal-setting skills to enhance health.** HE6.6

- a. Assess personal health practices. HE6.6.A
- b. Choose a personal health practice with a goal for adoption. HE6.6.B
- c. Develop a plan to achieve a personal health goal. HE6.6.C
- d. Explain how personal health goals can vary with changing priorities. HE6.6.D

---

**7. Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.** HE6.7

- a. Identify the importance of accepting responsibility for personal health behaviors. HE6.7.A
- b. Demonstrate healthy behaviors that will maintain or improve the health of self and/or others. HE6.7.B
- c. Model practices to avoid or reduce health risks to self and/or others. HE6.7.C

---

**8. Demonstrate the ability to advocate for personal, family, and community health.** HE6.8

- a. Investigate a health position or practice and support it with valid information. HE6.8.A
- b. Identify strategies that will support others in positive choices regarding their health. HE6.8.B
- c. Collaborate with others to advocate for healthy lifestyles and/or choices. HE6.8.C
- d. Identify the methods in which health messages can be altered to appeal to different age groups. HE6.8.D