

# Sixth Grade

## Mental and Emotional Health

### 1 Analyze the impact of health-related decisions on mental and emotional health. 6.MEH.1

- 1 Recognize that guidance from a parent, guardian, or trusted adult is beneficial and should be sought for healthy decision-making. 6.MEH.1.1
- 2 Determine when health-related situations require the application of a thoughtful decision-making process. 6.MEH.1.2
- 2 Develop a goal to adopt, maintain, or improve a personal mental health plan. 6.MEH.1.3

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### 2 Demonstrate a variety of positive stress management techniques. 6.MEH.2

- 1 Compare and contrast positive and negative stress management techniques. 6.MEH.2.1
- 2 Create a personal stress management plan. 6.MEH.2.2

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### 3 Analyze the relationship between healthy expression of emotions, mental health, and healthy behaviors. 6.MEH.3

- 1 Develop the ability to reframe challenges or setbacks and see them as opportunities for growth. 6.MEH.3.1
- 2 Analyze the relationship between health-enhancing behaviors and navigating challenges. 6.MEH.3.2

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## Personal and Consumer Health

### 1 Demonstrate age and developmentally appropriate practices that promote health and prevent or reduce the risk of disease. 6.PCH.1

- 1 Differentiate between communicable and chronic diseases. 6.PCH.1.1
- 2 Recall symptoms associated with common communicable and chronic diseases. 6.PCH.1.2
- 3 Identify methods of prevention based on the modes of transmission of communicable diseases. 6.PCH.1.3
- 4 Summarize the triggers and symptoms for respiratory illnesses and strategies for controlling them. 6.PCH.1.4

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**2 Develop health literacy through the examination of health claims and products.** 6.PCH.2

- 1 Analyze how messages from media influence health behaviors. 6.PCH.2.1
  - 2 Analyze the validity of health information, products, and services from print and electronic sources. 6.PCH.2.2
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**Interpersonal Communications and Healthy Relationships**

**1 Use skills for communicating effectively with family, peers, and others to enhance health.** 6.ICHR.1

- 1 Distinguish when individual or collaborative decision making is appropriate. 6.ICHR.1.1
  - 2 Demonstrate the use of verbal and nonverbal communication skills. 6.ICHR.1.2
  - 3 Demonstrate how to effectively communicate kindness, empathy, compassion, and respect for others. 6.ICHR.1.3
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**2 Apply strategies and skills for developing and maintaining healthy relationships.** 6.ICHR.2

- 1 Explain how the physical and hormonal changes during puberty affect social relationships, and physical, mental, and emotional health. 6.ICHR.2.1
  - 2 Identify trusted resources to report sexual harassment and bullying. 6.ICHR.2.2
  - 3 Summarize strategies for predicting and avoiding conflict. 6.ICHR.2.3
  - 4 Design productive and positive solutions to conflicts based on an understanding of the perspectives of those involved in the conflicts. 6.ICHR.2.4
  - 5 Compare and contrast the signs of healthy and unhealthy relationships. 6.ICHR.2.5
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**3 Summarize the changes that occur during puberty and adolescence.** 6.ICHR.3

- 1 Discuss the maturing of body systems during puberty. 6.ICHR.3.1
  - 2 Examine the responsibilities of parenthood or guardianship. 6.ICHR.3.2
  - 3 Demonstrate refusal skills that avoid or reduce health risks. 6.ICHR.3.3
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**Nutrition and Physical Activity**

**1 Compare tools such as Dietary Guidelines and the Nutrition Facts Label as they relate to the planning of healthy nutrition and physical activity.** 6.NPA.1

- 1 Attribute the prevention of nutrition-related diseases to following the Dietary Guidelines for Americans. 6.NPA.1.1
- 2 Evaluate food choices using Nutrition Facts labels. 6.NPA.1.2
- 3 Apply current dietary guidelines for meal planning with a variety of food choices. 6.NPA.1.3

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**2 Explore the benefits of consuming a variety of foods and beverages.** 6.NPA.2

- 1 Identify the six essential nutrients to make informed decisions regarding healthy eating. 6.NPA.2.1
  - 2 Compare the nutrients in a variety of beverages. 6.NPA.2.2
  - 3 Discuss the benefits of consuming foods high in fiber. 6.NPA.2.3
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**3 Apply lifelong nutrition and health-related fitness concepts to enhance quality of life.** 6.NPA.3

- 1 Explain the relationships between food consumption, physical activity, and overall health. 6.NPA.3.1
  - 2 Design a personal wellness plan addressing nutrition and physical activity to enhance quality of life. 6.NPA.3.2
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**Alcohol, Nicotine,  
Cannabis, and other  
Drugs**

**1 Summarize the health risks associated with alcohol, nicotine products, cannabis, and other drug use.** 6.ANCOD.1

- 1 Explain potential consequences of using any nicotine products, including vaping. 6.ANCOD.1.1
  - 2 Identify benefits of a smoke/vape-free and nicotine-free environment. 6.ANCOD.1.2
  - 3 Analyze family, media, and peer influences on the use, misuse, and avoidance of alcohol, nicotine, cannabis, and other drugs. 6.ANCOD.1.3
  - 4 Describe the potential effects of alcohol, nicotine, cannabis, and other drugs on physical, mental, and social health. 6.ANCOD.1.4
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**2 Apply refusal skills to protect self and others from alcohol, nicotine products, cannabis, and other drug use.** 6.ANCOD.2

- 1 Explain the importance of accepting responsibility for personal actions to avoid risk-taking behaviors related to substance abuse. 6.ANCOD.2.1
- 2 Identify the types of support available at school and in the community for substance abuse. 6.ANCOD.2.2
- 3 Examine how health-enhancing and risky behaviors can influence the likelihood of engaging in more of the same behaviors. 6.ANCOD.2.3