

# **Grade 6 Health Education Curriculum**

## **Substance Abuse Prevention**

### **If I know illegal drugs are bad, how do I say no?**

- Knows the long and short term effects of tobacco and inhalant use
- Analyzes the techniques the media uses to encourage or discourage use of tobacco or inhalant.
- Analyzes internal factors (i.e. curiosity) and external factors (i.e. peer pressure) that may affect one's decision to use or not use tobacco or inhalants
- Practices using refusal skills in situations where tobacco and inhalants are being offered
- Identifies resources in the school and the community that help with problems related to tobacco or inhalants

## **First Aid and Babysitting**

### **Are the children safe? What would I do in an emergency situation?**

- Identify ways to recognize, limit, and remove safety related problems in the home, including toys that are appropriate for children at different developmental stages
- Recognize whom and when to call during emergency situations.
- Practices first aid procedures for a variety of situations-breathing emergencies, choking situations, injuries involving wounds and bleeding

## **Healthy Relationships and Communication- Growth and Development**

### **What is a positive friendship? How does what I say or do effect others? What is happening to me?**

- Understands and practices communication skills that promote positive, meaningful friendships and family relationships
- Describes the physical, mental, and emotional changes that occur during puberty, including the importance of good hygiene
- Reviews structure and function of the male and female reproductive anatomy
- Identifies and accesses valid and reliable sources of information about human growth and development. Include parents as a primary resource.
- Analyzes how parents, peers, and the media influence the decisions that adolescents make around the issues of sexuality.