

6th Grade Health Scope & Sequence

Days	Unit	Standard(s)/Outcome(s)	Essential/Guiding Questions
	<u>Mental and Emotional Health:</u>		<u>Mental and Emotional Health Unit Essential Questions:</u>
2	Wellness Star	<p>Describe the components of wellness. 1a.6.1</p> <p>Describe role models that demonstrate positive mental and emotional health. 1a.6.2</p> <p>Examine the importance of being aware of one's own feelings and being sensitive to the feelings of others. 1a.6.3</p> <p>Discuss how emotions change during adolescence. 1.a.6.4</p> <p>Identify strengths in self in order to prioritize personal skills and allow interests to develop. 1a.6.6</p> <p>Recognize the benefits of getting adequate rest and sleep. 1f.6.5</p>	<p>How can someone achieve wellness?</p> <p>Are you a totally healthy person? Why or why not?</p> <p>What area of the wellness star do you think is most important? Why?</p>

		<p>Describe the influence of culture on health beliefs, practices, and behaviors. 2.MS.b</p> <p>Describe how peers influence healthy and unhealthy behaviors. 2.MS.c</p> <p>Assess personal health practices. 6.MS.a</p> <p>Explain the importance of assuming responsibility for personal health behaviors. 7.MS.a</p>	
5	Stress Management	<p>Differentiate between positive and negative ways of dealing with stress and anxiety. 1a.5.10</p> <p>Identify triggers of strong emotions and apply healthy coping strategies. 1.a.6.5</p> <p>Explain the body's physical and psychological responses to stressful situations. 1a.6.9</p> <p>Demonstrate behaviors that avoid or reduce health risks to self and others. 7.MS.c</p>	<p>What do you think causes the most stress at your age? Why? How do you deal with it?</p> <p>What good stress do you have in your life? Explain.</p> <p>What do you think is the best way to manage stress? Why?</p>

2	Decision Making	<p>Describe how peers influence healthy and unhealthy behaviors. 2.MS.c</p> <p>Explain how the perceptions of norms influence healthy and unhealthy behaviors. 2.MS.g</p> <p>Identify circumstances that can help or hinder healthy decision making. 5.MS.a</p> <p>Determine when health-related situations require the application of a thoughtful decision-making process. 5.MS.b</p> <p>Distinguish when individual or collaborative decision-making is appropriate. 5.MS.c</p> <p>Distinguish between healthy and unhealthy alternatives to health-related issues or problems. 5.MS.d</p> <p>Predict the potential short-term impact of each alternative on self and others. 5.MS.e</p>	<p>How might our self-esteem influence our personal decisions?</p> <p>How can a person evaluate whether or not they made a wise decision?</p>
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		<p>Choose healthy alternatives over unhealthy alternatives when making a decision. 5.MS.f</p> <p>Analyze the outcomes of a health-related decision. 5.MS.g</p>	
1	Wellness Unit Test	<p>Explain the importance of assuming responsibility for personal health behaviors. 7.MS.a</p> <p>Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others. 7.MS.b</p>	No Question – Unit Assessment
	<u>Substance Abuse Prevention</u>		<u>Substance Abuse Prevention Unit Essential Questions:</u>
2	Marketing: ATOD	<p>Describe situations that could lead to the use of alcohol, opioids, nicotine products, marijuana products, and other trending drugs or substances. 1b.6.5</p> <p>Determine the reasons why people choose to use or not use alcohol, opioids, nicotine products, marijuana products, and other trending drugs or substances. 1b.6.5</p>	<p>In what ways does the media “sell” products to make people want to buy them?</p> <p>If there were no advertisements in this world, how would things be different? Explain.</p>

		<p>Analyze how messages from media influence health behaviors. 2.MS.e</p> <p>Analyze the influence of technology on personal and family health. 2.MS.f</p> <p>Explain how the perceptions of norms influence healthy and unhealthy behaviors. 2.MS.g</p> <p>Analyze the validity of health information, products, and services. 3.MS.a</p>	
3	Over the Counter (OTC) & Prescription Drugs (Rx)	<p>Recognize when a behavior or habit has a negative consequence on self or others. 1a.6.19</p> <p>Differentiate between proper use and abuse of prescription medicines. 1b.6.1</p> <p>Distinguish between proper use and abuse of over-the-counter medicines. 1b.6.2</p> <p>Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors. 2.MS.i</p>	<p>In your opinion, which type of drug is more dangerous, Rx or OTC? Why?</p> <p>Do you personally think medicine labels have enough information? If not, what else would you add?</p>

		<p>Explain the importance of assuming responsibility for personal health behaviors. 7.MS.a</p> <p>Demonstrate behaviors that avoid or reduce health risks to self and others. 7.MS.c</p>	
4	Tobacco	<p>Review short and long-term effects of alcohol, nicotine, caffeine, and other products. 1b.5.3</p> <p>Identify the negative consequences of using alcohol, nicotine products, marijuana products, opioids (including the lethal effects of fentanyl), and other drugs. 1b.5.5</p> <p>Recognize when a behavior or habit has a negative consequence on self or others. 1a.6.19</p> <p>Describe situations that could lead to use of alcohol, opioids, nicotine products, marijuana products, and other trending drugs or substances. 1b.6.4</p> <p>Determine the reasons why people choose to use or not use alcohol, opioids, nicotine products, marijuan</p>	<p>What is one truth among teenagers and smoking?</p> <p>In your opinion, what is the worst way tobacco harms someone? Why? (physically, mentally, socially)</p> <p>How does tobacco, smokeless tobacco, 2nd hand smoke, and vapes affect wellness?</p> <p>Why is second hand smoke just as harmful as regular smoking?</p> <p>Why is smokeless tobacco not a safe alternative to cigarettes?</p>

		<p>products, and other trending drugs or substances. 1b.6.5</p> <p>Examine how the family influences the health of adolescents. 2.MS.a</p> <p>Describe how peers influence healthy and unhealthy behaviors. 2.MS.c</p> <p>Analyze ho messages from the media influence health behaviors. 2.MS.e</p> <p>Analyze the validity of health information, products, and services. 3.MS.a</p> <p>Demonstrate refusal and negotiation skills to avoid or reduce health risks. 4.MS.b</p> <p>Choose healthy alternatives over unhealthy alternatives when making a decision. 5.MS.f</p> <p>Demonstrate behaviors that avoid or reduce health risk to self and others. 7.MS.c</p> <p>State a health-enhancing position on a topic and support it with accurate information. 8.MS.a</p>	
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<p>3</p>	<p>Vaping</p>	<p>Review short and long-term effects of alcohol, nicotine, caffeine, and other products. 1b.5.3</p> <p>Identify the negative consequences of using alcohol, nicotine products, marijuana products, opioids (including the lethal effects of fentanyl), and other drugs. 1b.5.5</p> <p>Recognize when a behavior or habit has a negative consequence on self or others. 1a.6.19</p> <p>Describe situations that could lead to use of alcohol, opioids, nicotine products, marijuana products, and other trending drugs or substances. 1b.6.4</p> <p>Determine the reasons why people choose to use or not use alcohol, opioids, nicotine products, marijuana products, and other trending drugs or substances. 1b.6.5</p> <p>Examine how the family influences the health of adolescents. 2.MS.a</p> <p>Describe how peers influence healthy and unhealthy behaviors. 2.MS.c</p>	<p>Why do teens experiment with vaping?</p> <p>How can vaping be just as harmful as regular smoking?</p> <p>Why is vaping NOT a safe alternative to smoking?</p>
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3	Energy Drinks (Caffeine)	<p>Review short and long-term effects of alcohol, nicotine, caffeine, and other products. 1b.5.3</p> <p>Identify the negative consequences of using alcohol, nicotine products, marijuana products, opioids</p>	<p>How can caffeine be harmful to your health?</p> <p>Why do you think that the United States does not have an RDA regarding caffeine?</p>

		<p>(including the lethal effects of fentanyl), and other drugs. 1b.5.5</p> <p>Describe situations that could lead to use of alcohol, opioids, nicotine products, marijuana products, and other trending drugs or substances. 1b.6.4</p> <p>Determine the reasons why people choose to use or not use alcohol, opioids, nicotine products, marijuana products, and other trending drugs or substances. 1b.6.5</p> <p>Recognize when a behavior or habit has a negative consequence on self or others. 1a.6.19</p> <p>Describe how peers influence healthy and unhealthy behaviors. 2.MS.c</p> <p>Analyze how messages from media influence health behaviors. 2.MS.e</p> <p>Explain how the perceptions of norms influence health and unhealthy behaviors. 2.MS.g</p>	<p>What advice would you give another teen who wants to try an energy drink?</p> <p>What advice would you give another teen who wants to try an energy drink?</p> <p>What advice would you give another teen who wants to try an energy drink?</p>
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		<p>Demonstrate refusal and negotiation skills to avoid or reduce health risks. 4.MS.b</p> <p>Explain the importance of assuming responsibility for personal health behaviors. 7.MS.a</p>	
1	Speaker from Health Department on the topic of Refusal Skills	<p>Identify the benefits of being free from alcohol, opioid, nicotine products, marijuana products, and other drugs. 1b.5.6</p> <p>Describe how peers influence healthy and unhealthy behaviors. 2.MS.c</p> <p>Apply effective verbal and nonverbal communication skills to enhance health. 4.MS.a</p> <p>Demonstrate refusal and negotiation skills to avoid or reduce health risks. 4.MS.b</p> <p>Demonstrate effective conflict management or resolution strategies. 4.MS.c</p> <p>Determine when health-related situations require the application of a</p>	Why is it important to have good refusal skills?

		<p>thoughtful decision-making process. 5.MS.b</p> <p>Distinguish between healthy and unhealthy alternatives to health-related issues or problems. 5.MS.d</p> <p>Predict the potential short-term impact of each alternative on self and others. 5.MS.e</p> <p>Choose healthy alternatives over unhealthy alternatives when making a decision. 5.MS.f</p> <p>Analyze the outcomes of a health-related decision. 5.MS.g</p> <p>Explain the importance of assuming responsibility for personal health behaviors. 7.MS.a</p> <p>Demonstrate behaviors that avoid or reduce health risks to self and others. 7.MS.c</p> <p>Demonstrate how to influence and support others to make positive health choices. 8.MS.b</p>	
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	<u>Safety and Violence Prevention</u>		<u>Safety and Violence Prevention Unit Essential Questions:</u>
3	Bullying	<p>Explain why it is wrong to tease, bully or discriminate against others based on personal characteristics. 1.a.6.12</p> <p>Defend against teasing others based on personal characteristics such as body type, race, gender, appearance, mannerisms, and the way one dresses or acts. 1d.6.8</p> <p>Explain the role of bystanders in escalating, preventing or stopping bullying, fighting, discrimination, and violence. 1d.6.11</p> <p>Explain that it is never the fault of a person if they are made to feel unsafe. 1d.6.12</p> <p>Demonstrate ways to be a positive bystander by responding or reporting if someone is being sexually mistreated, groomed, harassed, abused, assaulted, or exploited. 1d.7.14</p> <p>Demonstrate how to ask for assistance to enhance the health of self and others. 4.MS.d</p>	<p>Why do you think bullying has become such a problem among teens?</p> <p>What is the difference in bullying and drama?</p> <p>What is an appropriate response if you witness a bullying situation?</p>

1	Child Abuse	<p>Demonstrate effective ways to express needs, wants, and feelings including the setting of and respecting of personal limits and boundaries. 1d.6.3</p> <p>Identify individuals have the right to refuse sexual contact. 1d.6.4</p> <p>Identify and describe healthy relationships between children and others (e.g., persons in authority, coaches, teachers, and clergy). 1d.6.9</p> <p>Identify verbal and/or non-verbal actions that constitute sexual mistreatment, grooming, harassment, abuse, assault, and exploitation. 1d.6.10</p> <p>Explain that it is never the fault of a person if they are made to feel unsafe. 1d.6.12</p> <p>Demonstrate refusal and negotiation skills to avoid or reduce health risks. 4.MS.b</p> <p>Demonstrate how to ask for assistance to enhance the health of self and others. 4.MS.d</p>	Why is it important to tell a trusted adult about any type of abuse?
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1	<p>Speaker from Rape Crisis Intervention Services on the topic of Safety and Violence Prevention</p>	<p>Demonstrate effective ways to express needs, wants, and feelings including the setting of and respecting of personal limits and boundaries. 1d.6.3</p> <p>Identify individuals have the right to refuse sexual contact. 1d.6.4</p> <p>Identify and describe healthy relationships between children and others (e.g., persons in authority, coaches, teachers, and clergy). 1d.6.9</p> <p>Identify verbal and/or non-verbal actions that constitute sexual mistreatment, grooming, harassment, abuse, assault, and exploitation. 1d.6.10</p> <p>Explain that it is never the fault of a person if they are made to feel unsafe. 1d.6.12</p> <p>Demonstrate refusal and negotiation skills to avoid or reduce health risks. 4.MS.b</p> <p>Demonstrate how to ask for assistance to enhance the health of self and others. 4.MS.d</p>	<p>Why is it important to create safe and healthy boundaries?</p>
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	<u>Family Life and Human Development</u>		<u>Family Life and Human Development Unit Essential Questions:</u>
2	Puberty	<p>Describe the physical, social, and emotional changes that occur during puberty. 1c.5.3</p> <p>Summarize that the onset and progression of puberty varies considerably. 1c.5.4</p> <p>Describe how puberty prepares human bodies for the potential to reproduce. 1c.5.6</p> <p>Identify that reproduction requires that a sperm and egg join and implant. 1c.5.7</p> <p>Describe conception and its relationship to menstrual cycle. 1c.6.8</p>	<p>What is puberty and when does it occur?</p> <p>What are the early signs of puberty?</p>
2	Male/Female Reproductive Systems	Identify human reproductive systems including medically accurate names for internal and external genitalia and their functions. 1c.6.7	<p>What is the function of the female reproductive system?</p> <p>What is the function of the male reproductive system?</p>
2	Hygiene	Identify the benefits of good hygiene practices for promoting health. 1f.6.5	How could poor hygiene affect your personal wellness?

1	Family Life Assessment	Explain the importance of assuming responsibility for personal health behaviors. 7.MS.a	No Question – Unit Assessment
	<u>Disease Prevention and Control</u>		<u>Disease Prevention Unit Essential Questions:</u>
4	Skin Cancer	<p>Summarize actions to take to protect one’s skin against potential damage from exposure to the sun. 1f.6.6</p> <p>Examine how the family influences the health of adolescents. 2.MS.a</p> <p>Explain how school and public health policies can influence health promotion and disease prevention. 2.MS.j</p> <p>Determine the accessibility of products that enhance health. 3.MS.c</p> <p>Assess personal health practices. 6.MS.a</p> <p>Explain the importance of assuming responsibility for personal health behaviors. 7.MS.a</p> <p>Demonstrate healthy practices and behaviors that will maintain or</p>	<p>How can sun exposure affect long-term personal wellness?</p> <p>List and describe the ABCDE method for moles</p> <p>What is the difference in controllable and uncontrollable risk factors for skin cancer?</p> <p>How can you protect yourself while in the sun?</p>

		<p>improve the health of self and others. 7.MS.b</p> <p>Demonstrate behaviors that avoid or reduce health risks to self and others. 7.MS.c</p> <p>Demonstrate how to influence and support others to make positive health choices. 8.MS.b</p>	
3	Lyme Disease	<p>Determine the accessibility of products that enhance health. 3.MS.c</p> <p>Assess personal health practices. 6.MS.a</p> <p>Explain the importance of assuming responsibility for personal health behaviors. 7.MS.a</p> <p>Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others. 7.MS.b</p> <p>Demonstrate behaviors that avoid or reduce health risks to self and others. 7.MS.c</p>	<p>How can Lyme disease be harmful to your personal wellness?</p> <p>How can you reduce your risk of contracting lyme disease?</p>

		Demonstrate how to influence and support others to make positive health choices. 8.MS.b	
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