



The comprehensive health standards in grades six through eight focus on enhancing and strengthening skills in the areas of physical, social, and emotional wellness and using those individual skills in family, school, and community environments. In each grade, the standards ask students to deepen their understanding of ways to set and maintain healthy relationships and continue to investigate healthy eating/living habits, positive communication strategies, effective decision making, and ways to ensure personal and community safety.

Expectations for 6th Grade Students:

- **Physical and Personal Wellness:** Access valid and reliable information regarding qualities of resources that enhance healthy eating behaviors; assess the connection between feelings, positive decision making, and actions; analyze health behaviors and how they impact a person throughout his/her life.
- **Emotional and Social Wellness:** Understand and apply concepts and practices that enhance mental and emotional health.
- **Prevention and Risk Management:** Analyze factors that impact a person's decision whether or not to use marijuana, illegal drugs, abuse prescription drugs, alcohol, and tobacco; use interpersonal communication skills to avoid drug use/abuse; demonstrate skills to prevent violence; advocate for safety and prevention of unintentional injuries.

Throughout 6th Grade You May Find Students:

- Analyzing appropriate resources regarding healthy eating.
- Evaluating the need for clear expectations, boundaries, and safety strategies in an individual's personal life.
- Demonstrating interpersonal communication skills to express needs, wants, and feelings.
- Exploring how to be mentally and emotionally healthy.
- Applying decision-making skills to remain substance-free.
- Creating a home, school, and/or community emergency plan to promote safety and to help prevent accidents/injuries.
- Developing strategies to avoid physical confrontations and violence.
- Evaluating the factors that lead to healthy family and peer relationships.