

**SIXTH GRADE
Health
PRIORITY STANDARDS**

Wellness and Health Promotion (WHP)

6.WHP.1	Describe the interrelationship of the five dimensions of health (physical, social, emotional, mental, and environmental).
6.WHP.4	Distinguish between habits that enhance or hinder personal health.
6.WHP.5	Interpret numerical and graphical information to make an informed health decision..
6.WHP.8	Identify actions that can help to create a healthier environment for individuals and communities.

Safety and First Aid (SFA)

6.SFA.1	Identify unsafe situations at home, at school, and in communities that can lead to injury.
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Social, Emotional, and Mental Health (SEM)

6.SEM.1	TSEL Practice 1B Understand the stress response system (regulation and dysregulation) and what environments and experiences activate those responses.
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Healthy Relationships and Violence/Abuse Prevention (HRVP)

6.HVRP.3	Identify sources of support, such as parents or other trusted adults, to tell if being teased, harassed, or bullied based on gender, sexual orientation, race, and physical appearance.
6.HVRP.4	Describe personal feelings when boundaries, consent, and privacy needs are not respected.
6.HVRP.5	Practice communication skills to build healthy relationships and manage conflict.
6.HVRP.8	Create an advocacy message that describes the role of upstanders in preventing or stopping bullying and cyberbullying.

Growth and Development (GD)

6.GD.1	Describe how to show respect for one's own physical appearance, the appearance of others, and how it impacts self-esteem.
6.GD.2	Identify the human sexual and reproductive systems, including external and internal anatomy and their functions, and recognize that there are variations in human bodies.
6.GD.3	Explain common human sexual development and the role of hormones (e.g., romantic and sexual feelings, masturbation, mood swings, and timing of pubertal onset).
6.GD.4	Define menstruation and its range of symptoms, explain how it is a part of life that begins during puberty, and recognize that pads, tampons, and other products are important for body care.

Sexual and Reproductive Health (SRH)

6.SRH.4	Identify the functions of the ovulation cycle, sperm development, and pregnancy.
6.SRH.9	Demonstrate communicating with trusted adults and asking questions about comprehensive sexual and reproductive health.