

# Oakwood City School District

## Health - Sixth Grade

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#### MENTAL AND EMOTIONAL HEALTH

- Express feelings in a healthy way.
- Prevent and manage interpersonal conflict in healthy ways.
- Prevent and manage emotional stress and anxiety in healthy ways.
- Get help for troublesome thoughts, feelings, or actions for oneself and others.
- Show tolerance and acceptance of differences in others.
- Establish and maintain healthy relationships.
- Identify characteristics of a mentally and emotionally healthy person.
- Explain what it means to be mentally or emotionally healthy.
- Describe the relationship between feelings and behavior.
- Identify role models who demonstrate positive emotional health.
- Describe appropriate ways to express and deal with emotions.
- Describe healthy ways to express affection, love, friendship, and concern.
- Explain the importance of talking with parents and other trusted adults about feelings.
- Identify feelings and emotions associated with loss and grief.
- Identify feelings of depression, sadness, and hopelessness for which someone should seek help.
- Describe the importance of being aware of one's own feelings and of being sensitive to the feelings of others.
- Identify positive and negative ways of dealing with stress and anxiety.
- Explain the importance of respecting the personal space and boundaries of others.
- Identify characteristics of someone who has self-respect.
- Give examples of prosocial behaviors (e.g., helping others, being respectful of others, cooperation, consideration).
- Explain that anger is a normal emotion.
- Identify personal stressors at home, in school, and with friends.
- Identify characteristics of someone who has self-control.
- List physical and emotional reactions to stress.
- Describe the value of others' talents and strengths.
- Describe how people are similar and different.
- Identify characteristics of healthy relationships.
- Describe the benefits of healthy family relationships.
- Describe the benefits of healthy peer relationships.
- Identify characteristics of a responsible family members
- Demonstrate how to effectively ask for help for troublesome thoughts, feelings, or

actions for oneself and others.

- Demonstrate how to effectively communicate to express feelings in a healthy way.

## SEXUAL HEALTH

- Establish and maintain healthy relationships.
- Avoid pressuring others. (Consent)
- Treat others with courtesy and respect without regard to their sexuality or gender expression.
- Identify and describe healthy relationships of all kinds, and list healthy ways to express affection, love, and friendship.
- Describe personal characteristics related to sexual and gender identity that make people different from one another.
- Summarize why it is wrong to tease or bully others based on gender expression and roles.
- Recognize the impact of media that encourages sexual involvement.
- Identify support people with whom they can discuss sexuality.
- Be aware of social pressure and the right to say no.
- Discuss interpersonal relationships including dating, sexual behavior, and sexual abuse.

## SAFETY

- Apply safety rules and procedures to avoid risky behaviors and injury.
- Support others to avoid risky behaviors and be safe.
- Explain how injuries can be prevented.
- Identify safety precautions for playing and working outdoors in different kinds of weather and climates.
- List ways to prevent injuries at home.
- List ways to prevent injuries in the community.
- Identify ways to reduce the risk of injuries from animal and insect bites and stings.
- List ways to prevent injuries at school.
- Demonstrate how to effectively respond to a dare to avoid risky behaviors and injury.

