

## Grade 6

Unit #	Name of Unit	Content
1	Introduction to Health and Community Building	<ol style="list-style-type: none"><li>1. Introduction</li><li>2. Building a Community</li><li>3. Rights and Responsibilities</li><li>4. Dimensions of Health</li></ol>
2	Social, Emotional, and Mental Health	<ol style="list-style-type: none"><li>1. Goal-Setting</li><li>2. Identifying Feelings and Stress Management</li><li>3. Finding Trusted Adults, Suicide Prevention, and Getting Help</li></ol>
3	Get Real: Puberty, Sexuality, and Reproductive Health	<ol style="list-style-type: none"><li>1. Creating the Classroom Environment</li><li>2. Communication and Refusal Skills</li><li>3. Relationships, Boundaries, and Consent</li><li>4. Anatomy and Reproduction</li><li>5. Puberty</li><li>6. Abstinence</li><li>7. Decision Making and Values</li></ol>