

DOBBS FERRY MIDDLE SCHOOL

Dobbs Ferry, New York 10522

COURSE OUTLINE

SUBJECT: Health

Grade: 6

This course is flexible in sequence and content and is designed to meet the varied needs of student relationships to their environment and community. The goals are to give accurate health knowledge, help develop positive attitudes, and maintain or initiate constructive behavior.

Students will take Health in 6th grade for one semester every other day.

Topics for 6th grade Health:

Mental Health (self-image and self-improvement)

- Decision-Making
- Communication Skills
- Stress & stress management
- Ego Book Project

Tobacco, Alcohol, and Other Drugs

6th grade Student Outcomes:

Students will be able to

- Use decision-making skills.
- Understand the difference between over-the-counter and prescription drugs.
- Understand short term and long term effects of drug use.
- Recognize the risk factors associated with drug misuse and abuse.
- Where to seek help for personal or family drug misuse or abuse.
- Remain safe and drug free.
- Use resistance skills when pressured to use drugs.
- Understand the various forms of bullying.
- Evaluate how advertising affects our personal choices.

Criteria for Assessment:

- Tests and quizzes
- Class participation and behavior
- Student performance
- Class work
- Projects

This outline was developed by Rebecca Wing

February 2026