

**HEALTH
GRADE 6
CURRICULUM MAP**

1st Nine Weeks	2nd Nine Weeks
<p>6. Understands essential concepts about nutrition and diet and personal health.</p> <ul style="list-style-type: none">• Understands how eating properly can help to reduce health risks (in terms of anemia, dental health, osteoporosis, heart disease, cancer, malnutrition, high cholesterol, and diabetes).• Knows eating disorders that affect health adversely (e.g., anorexia, overeating, bulimia).• Knows strategies and skills that are used to attain personal health goals (e.g., maintain and exercise programs, making health food choices).	<p>9. Understands aspect of substance use and abuse.</p> <ul style="list-style-type: none">• Knows factors involved in the development of a drug dependency and the early observable signs and symptoms (e.g., tolerance level, drug-seeking behavior, loss of control, denial).• Knows the short-and long-term consequences of the use of alcohol, tobacco, and other drugs (e.g., physical consequences such as shortness of breath, cirrhosis, lung cancer, emphysema; psychological consequences such as low self-esteem, paranoia, depression, apathy, social consequences such as crime, domestic violence, loss of friends).

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3rd Nine Weeks	4th Nine Weeks
<p>4. Knows how to maintain mental and emotional health.</p> <ul style="list-style-type: none"> • Knows strategies to manage stress and feelings caused by disappointment, separation, or loss (e.g., talking over problems with others, understanding that feelings of isolation and depression will pass, examining the situation leading to the feeling). • Knows characteristics and conditions associated with positive self-esteem. • Knows appropriate ways to build and maintain positive relationships with peers, parents, and other adults (e.g., interpersonal communication). • Understands the difference between safe and risky or harmful behaviors in relationships. • Knows techniques for seeking help and support through appropriate resources. 	<p>5. Knows essential concepts and practices concerning injury prevention and safety.</p> <ul style="list-style-type: none"> • Knows injury prevention strategies for family health (e.g., having personal and family emergency plan, including maintaining supplies to readiness for emergencies, identifying and removing safety hazards in the home). • Knows strategies for managing a range of situation involving injury (e.g., first aid procedures, abdominal thrust maneuver, cardiopulmonary resuscitation). • Knows potential signs of self-and other-directed violence. • Knows the various possible causes of conflict among youth in schools and communities, and strategies to manage conflict.