

Baltimore County Public Schools

Sixth Grade Comprehensive Health Education

In grade six, students will expand on the knowledge and skills they acquired in elementary health education. The program will emphasize personal responsibility, self-management; identification of risk behaviors and situations; decision-making; and resistance/refusal skills.

Content

- Wellness
the physical, social, emotional, intellectual, and spiritual components of health
the concept of wellness and its relationship to healthy behaviors
review of elementary health skills and strategies
- Tobacco
the effects of tobacco use
strategies to avoid using tobacco or being affected by passive smoke
the tobacco industry's influences on smoking and youth
advocating for a smoke-free lifestyle
- Disease Prevention:
differentiating between communicable and non-communicable disease;
risk factors and lifestyle behaviors that influence the likelihood of disease;
the possible causes and early preventive measures for: high blood pressure, cancer,
cardiovascular disease, and chronic diseases (e.g. diabetes);
determining ways to help the immune system fight infection
- Violence Prevention:
defining violence and identifying its risks, patterns, and impact
differentiating between passive, assertive, and aggressive behaviors
finding alternatives to violence
violence messages in the media
negative peer pressure and gangs
- Human Development
review of the physical changes which occur during puberty
the impact of puberty on social and emotional behaviors
the human reproductive system and reproduction

Skills: Teachers introduce, reinforce, and provide age-appropriate opportunities to practice the following personal skills in the grade 6 health education program:

- coping
- decision making/ problem solving
- resistance, refusal, and delaying tactics
- verbal and non-verbal communication
- self management and risk reduction
- hygiene
- accessing and analyzing information
- goal setting
- negotiation, collaboration, and conflict resolution

Curriculum: *Comprehensive Health Education: Grade 6*

Text Program: *Glencoe McGraw-Hill Teen Health, Course 1 (1999)*

For a more detailed content outline and indicators for this program, please see your child's teacher

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