

HEALTH EDUCATION STANDARDS

6th Grade

STANDARD 1- Students will comprehend concepts related to health promotion and disease prevention to enhance health.

By the end of grade 6 students will:

1.4.5 – Describe the basic structure and functions of the human body systems.

1.8.7 – Describe the benefits of and barriers to practicing healthy behaviors.

1.8.8 – Examine the likelihood of injury or illness if engaging in unhealthy behaviors.

1.8.9 – Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors.

STANDARD 7- Students will demonstrate the ability to practice health enhancing behaviors and avoid or reduce health risks.

By the end of grade 6 students will:

7.8.2 – Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.

7th. Grade

STANDARD 1- Students will comprehend concepts related to health promotion and disease prevention to enhance health.

By the end of grade 7 students will:

1.8.1- Analyze the relationship between healthy behaviors and personal health.

1.8.3- Analyze how the environment affects personal health.

1.8.4- Describe how family history can affect personal health.

STANDARD 2- Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

By the end of grade 7 students will:

2.8.1- Examine how the family influences the health of adolescents.

2.8.3- Describe how peers influence healthy and unhealthy behaviors.

2.8.5- Analyze how messages from media influence health behaviors.

- 2.8.6- Analyze the influence of technology on personal and family health.
- 2.8.8- Explain the influence of personal values and beliefs on individual health practices and behaviors.

STANDARD 3- Students will demonstrate the ability to access valid information and products and services to enhance health.

By the end of grade 7 students will:

- 3.8.2- Access valid health information from home, school, and community.
- 3.8.4- Describe situations that may require professional health services.

STANDARD 4- Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

By the end of grade 7 students will:

- 4.8.1- Apply effective verbal and nonverbal communication skills to enhance health.
- 4.8.2- Demonstrate refusal and negotiation skills to avoid or reduce health risks.

STANDARD 5- Students will demonstrate the ability to use decision-making skills to enhance health.

By the end of grade 7 students will:

- 5.8.1- Identify circumstances that can help or hinder healthy decision making.
- 5.8.4- Distinguish between healthy and unhealthy alternatives to health-related issues or problems.
- 5.8.6- Choose healthy alternatives over unhealthy alternatives when making a decision.

STANDARD 6- Students will demonstrate the ability to use goal-setting skills to enhance health.

By the end of grade 7 students will:

- 6.8.1- Assess personal health practices.
- 6.8.2- Develop a goal to adopt, maintain, or improve a personal health practice.
- 6.8.3- Apply strategies and skills needed to attain a personal health goal.
- 6.8.4- Describe how personal health goals can vary with changing abilities, priorities, and responsibilities.

STANDARD 7- Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

By the end of grade 7 students will:

7.8.1-Explain the importance of assuming responsibility for personal health behaviors.

STANDARD 8- Students will demonstrate the ability to advocate for personal, family and community health.

By the end of grade 7 students will:

8.8.1- State a health enhancing position on a topic and support it with accurate information.

8.8.4- Identify ways that health messages and communication techniques can be altered for different audiences.