

# Grade 6

	<b>Lifestyle Goals</b>	<b>Curricular Topics</b>
<b>Content Areas</b>		
<b>Growth and Development</b>	<ul style="list-style-type: none"> <li>• Appreciate the contribution of each of the body systems to the survival of the total system</li> <li>• View growth and development as a lifelong process fostered by responsible behavior</li> </ul>	<ul style="list-style-type: none"> <li>• Change: A Part of Life</li> <li>• Organs of the Body</li> <li>• Functions of the Body Systems</li> <li>• Interrelationship of the Body Systems</li> <li>• Changes in Puberty</li> <li>• Structure and Function of the Circulatory System</li> <li>• Structure and Function of Blood</li> <li>• Parts of a Cell</li> <li>• Osmosis and Diffusion</li> <li>• Disorders of the Blood</li> <li>• Structure and Function of the Immune System</li> <li>• HEART DISSECTION</li> </ul>
<b>Mental Emotional Health</b>	<ul style="list-style-type: none"> <li>• Exhibit a positive self-concept</li> <li>• Express emotions comfortably and appropriately</li> <li>• Weigh potential benefits against possible consequences before choosing one action over another</li> <li>• Communicate and cooperate effectively with others</li> <li>• Develop and maintain interpersonal relationships</li> </ul>	<ul style="list-style-type: none"> <li>• Effects of Stress</li> <li>• Reducing Stress</li> <li>• Making Decisions</li> <li>• Applying Refusal Skills</li> <li>• Saying No to Risk Behaviors</li> </ul>
<b>Personal Health</b>	<ul style="list-style-type: none"> <li>• Adhere to a lifestyle that promotes personal well-being</li> <li>• Pursue leisure time activities that promote physical fitness and relieve mental and emotional tension</li> <li>• Follow healthcare practices that prevent illness and maintain health</li> </ul>	<ul style="list-style-type: none"> <li>• Choosing a Healthy Lifestyle</li> <li>• Postponing Sexual Involvement</li> <li>• Benefits of Regular, Aerobic Exercise</li> <li>• Effects of Short-and Long - Term Health Choices</li> </ul>
<b>Family Life and Health</b>	<ul style="list-style-type: none"> <li>• Respect the rights and privileges of every family member</li> <li>• Adjust appropriately to changing physical, mental, and social roles, responsibilities, and privileges as they occur throughout the life cycle</li> <li>• Deal comfortably and appropriately with the demands of gender</li> <li>• Communicate effectively as a member of a family or society</li> <li>• Support the belief that the health of children is an individual, family, and community responsibility</li> </ul>	<ul style="list-style-type: none"> <li>• Relationship Between Maturation and Responsibility</li> </ul>

<p><b>Nutrition</b></p>	<ul style="list-style-type: none"> <li>• Eat a daily diet that provides adequate nutrients for the maintenance of health</li> <li>• Select food representative of a wide range of foodstuffs</li> <li>• Balance calorie intake with energy needs</li> <li>• Avoid dependence upon food fads as the sole criterion for diet choices or meal planning</li> </ul>	<ul style="list-style-type: none"> <li>• Food as Fuel</li> <li>• Eating for a Healthy Heart</li> <li>• Function of Nutrients in Building Strong Bodies</li> <li>• Using the Food Guide Pyramid</li> </ul>
<p><b>Disease Prevention and Control</b></p>	<ul style="list-style-type: none"> <li>• Adhere to a lifestyle that promotes well-being and minimizes exposure to known risk factors</li> <li>• Maintain immunizations of self and family at recommended levels of effectiveness</li> <li>• Seek preventive measures such as examinations at specified intervals</li> </ul>	<ul style="list-style-type: none"> <li>• Goal Setting: Step by Step</li> <li>• Causes of Heart Disease</li> <li>• Preventing Heart Disease</li> <li>• Preventing HIV Transmission</li> <li>• Transmitting HIV</li> </ul>
<p><b>Safety and First Aid</b></p>	<ul style="list-style-type: none"> <li>• Take steps to correct hazardous conditions whenever possible</li> <li>• Follow rules and procedures recommended for safe living</li> <li>• Avoid unnecessary risk-taking behavior</li> <li>• Apply correct emergency treatment when appropriate</li> <li>• Follow steps to assure personal safety</li> </ul>	<ul style="list-style-type: none"> <li>• First Aid for Bleeding</li> <li>• Avoiding Fights</li> <li>• Observing Gun Safety</li> </ul>
<p><b>Consumer Health</b></p>	<ul style="list-style-type: none"> <li>• Choose health products and services on the basis of valid criteria</li> <li>• Accept only that health information provided by recognized health authorities</li> <li>• Utilize services of qualified health advisors in the maintenance and promotion of health</li> </ul>	<ul style="list-style-type: none"> <li>• Analyzing Food Labels</li> <li>• Hidden Messages in Advertising</li> <li>• Accessing Consumer Health Information from Professionals</li> </ul>
<p><b>Substance Use and Abuse</b></p>	<ul style="list-style-type: none"> <li>• Adhere to medical recommendations in the use of drugs and medications</li> <li>• Refrain from the abuse of potentially harmful drugs</li> <li>• Obey laws and regulations regarding the use of controlled substances</li> </ul>	<ul style="list-style-type: none"> <li>• Effects of Alcohol</li> <li>• Refusing Alcohol</li> <li>• Effects of Tobacco</li> <li>• Refusing Tobacco</li> <li>• Effects of Smoking on the Cardiovascular System</li> </ul>
<p><b>Community and Environmental Health Management</b></p>	<ul style="list-style-type: none"> <li>• Obey laws and regulations made to protect the health of the community</li> <li>• Contribute to community programs designed to promote community health</li> <li>• Accept responsibility as a citizen in supporting the activities and programs of community health workers</li> <li>• Avoid any personal action that might contribute to the deterioration of the environment</li> </ul>	<ul style="list-style-type: none"> <li>• Accessing Consumer Health Information from Voluntary Health Organizations</li> </ul>