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## Health Education: Grade 6

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The content in the DoDEA health education standards is organized into seven strands. The six standards in the first strand, Health Literacy Skills (HESK), address skills that are for personal, family and community health enhancement. These standards teach essential and transferable skills that foster health efficacy. The skills also are applicable as learning tools for the other six content strands. The standards in the Health Literacy Skills strand are consistent throughout all grade levels and matched at each grade level with content standards in the other strands as important similarities are identified. The standards in the remaining content strands, Personal and Community Health (HE1); Safety and Injury Prevention (HE2); Nutrition and Physical Activity (HE3); Mental Health (HE4); Alcohol, Tobacco, and Other Drugs (HE5); Family Life and Human Sexuality (HE6) progressively change through the grade levels.

Strand:

### **HESK Health Literacy Skills**

Essential Understanding:   **6HESK**    Demonstrating health literacy skills lead to personal, family and community health.

The student will:

Standards:

**6HESK1:** access valid health information;  
**6HESK2:** practice health-enhancing behavior;  
**6HESK3:** analyze influences on health;  
**6HESK4:** use interpersonal communications skills to enhance health;  
**6HESK5:** use goal setting and decision making skills to enhance health; and  
**6HESK6:** advocate for health.

Strand:

### **HE1 Personal and Community Health**

Essential Understanding:   **6HE1**    Practicing personal hygiene, health habits, and health promotion leads to lifelong wellness.

The student will:

Standards:

**6HE1a:** explain the relationship between health and wellness;  
**6HE1b:** explain good hygiene based on developmental changes;  
**6HE1c:** evaluate information about health issues and promotion of healthful living for adolescents;  
**6HE1d:** describe noncommunicable diseases of adolescents and adults; and  
**6HE1e:** analyze factors that influence health choices.  
examples are:

- personal factors,
- culture,
- media,
- peers,
- family, and
- technology

Strand:

### **HE2 Safety and Injury Prevention**

Essential Understanding:   **6HE2**    Following safe practices prevents injury, sudden illness, child abuse and child neglect.

The student will:

- Standards:
- 6HE2a:** demonstrate basic first aid for injury and sudden illness  
examples are:
    - sprain,
    - fracture,
    - hypothermia,
    - frostbite,
    - hyperthermia,
    - seizure
    - burn
    - bleeding;
  - 6HE2b:** determine situations that require standards universal precautions;
  - 6HE2c:** describe risky situations for the student's age group and strategies for staying safe and preventing injury; and  
examples are:
    - sports
    - outdoor activities
    - gang involvement
  - 6HE2d:** describe appropriate responses to fire and weather emergencies.

Strand:

### **HE3 Nutrition and Physical Activity**

Essential Understanding: **6HE3** Healthful nutrition and physical activity contribute to growth and energy and prevent chronic diseases.

The student will:

- Standards:
- 6HE3a:** analyze the relationship between wellness and healthful nutrition and physical activity;
  - 6HE3b:** determine appropriate portion sizes for various food groups in planning a balanced meal;
  - 6HE3c:** explain the relationship between water, fiber, and a healthful diet; and
  - 6HE3d:** set personal goals for nutrition and exercise.

Strand

### **HE4 Mental Health**

Essential Understanding: **6HE4** Mental health is essential to general well-being.

The student will:

- Standards:
- 6HE4a:** identify peer pressure and its influence on personal choice;
  - 6HE4b:** strategize actions for dealing with negative peer pressure;
  - 6HE4c:** demonstrate healthful strategies to assess and manage conflict and stress;
  - 6HE4d:** select healthful ways for dealing with and preventing bullying and harassment; and
  - 6HE4e:** describe ways adolescents show understanding and respect for diversity

examples are:

- cultural,
- physical,
- mental,
- gender,
- ethnic.

Strand:

### **HE5 Alcohol, Tobacco, and Other Drugs**

Essential Understanding: **6HE5** Drug use can be helpful or harmful. Misuse has consequences that may require intervention and treatment.

The student will:

- Standards:
- 6HE5a:** describe the nature of dependence and addiction to alcohol and tobacco;
  - 6HE5b:** analyze influences on decisions about alcohol and tobacco;
  - 6HE5c:** explain the relationship between personal responsibility and choice about alcohol, tobacco and other drug use;
  - 6HE5d:** evaluate consequences for tobacco, alcohol, and other drug use; and
  - 6HE5e:** compare ways to say no to types of peer pressure.

Strand:

### **HE6 Family Life and Human Sexuality**

Essential Understanding: **6HE6** Developmental changes prepare one for adult roles in the family and society.

The student will:

- Standards:
- 6HE6a:** describe the structure and function of the human reproductive system;
  - 6HE6b:** recognize abstinence as the most effective way to prevent pregnancy;
  - 6HE6c:** analyze influences and decisions regarding healthful sexuality; and
  - 6HE6d:** report routes of transmission of HIV/AIDS and sexually transmitted diseases (STDs), and risky behaviors associated with transmission.