

Emerging Relationships

Alignment with CDC Healthy Schools

Health Education Standards

Grade 6

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Standard 1: Students comprehend functional health knowledge to enhance health.

- 1.8.1 Describe interrelationships among physical, social, emotional, and intellectual health.
Lesson 3- I am Awesome
- 1.8.2 Analyze benefits of practicing health promoting behaviors.
Lesson 1- I am Intentional
Lesson 2- I am Caring
Lesson 3: I am Awesome
Lesson 4: I am a Friend
Lesson 5: I am Healthy
Lesson 6: I am a Leader
- 1.8.3 Analyze potential risks and consequences of practicing unhealthy behaviors.
Lesson 1- I am Intentional
Lesson 2- I am Caring
Lesson 3: I am Awesome
Lesson 4: I am a Friend
Lesson 5: I am Healthy
Lesson 6: I am a Leader
- 1.8.4 Assess the risk of situations, people, and events that contribute to unhealthy behaviors and outcomes.
Lesson 4: I am a Friend
Lesson 5: I am Healthy
- 1.8.5 Explain why it is important to be responsible for personal health behaviors.
Lesson 1- I am Intentional
Lesson 4- I am a Friend
- 1.8.6 Analyze how personal practices and behaviors reduce or prevent health risks.
Lesson 1- I am Intentional
Lesson 2- I am Caring
Lesson 3: I am Awesome
Lesson 4: I am a Friend
Lesson 5: I am Healthy
Lesson 6: I am a Leader

- 1.8.7 Analyze health promotion and disease prevention guidelines and recommendations for healthy behaviors from credible federal, professional, and voluntary health organizations (e.g., recommendations for rest and sleep).
- 1.8.8 Predict the likelihood of personal injury or illness if engaging in unhealthy behaviors.
Lesson 3- I am Awesome
Lesson 5- I am Healthy
- 1.8.9 Analyze the effects of family history, genetics, education level, and income on personal health status.

Standard 2: Students analyze the influence of family, peers, culture, social media, technology, and other determinants on health behaviors.

- 2.8.1 Explain how personal attitudes, values, and beliefs influence health behaviors.
Lesson 1- I am Intentional
Lesson 2- I am Caring
Lesson 3- I am Awesome
Lesson 4- I am a Friend
Lesson 5- I am Healthy
Lesson 6- I am a Leader
- 2.8.2 Analyze the influence of family and culture on health behaviors.
Lesson 5- I am Healthy
- 2.8.3 Analyze how peers influence health behaviors.
Lesson 2- I am Caring
Lesson 3- I am Awesome
Lesson 4- I am a Friend
Lesson 5- I am Healthy
Lesson 6- I am a Leader
- 2.8.4 Explain how perceptions of social norms and expectations influence healthy and unhealthy behaviors.
Lesson 3- I am Awesome
Lesson 5- I am Healthy

- 2.8.5 Analyze how media, social media, and technology (e.g., television, movies, video games, advertisements, apps, and other screen time) influence health behaviors.
- 2.8.6 Explain how school rules, community norms, and governmental policies and laws influence health behaviors.
Lesson 5- I am Healthy
Lesson 6- I am a Leader
- 2.8.7 Analyze how education level and income influence health behaviors.
- 2.8.8 Identify factors that influence opportunities to obtain safe, equitable, culturally appropriate, and affordable products and services that support personal health behaviors.

Standard 3: Students demonstrate health literacy by accessing valid and reliable health information, products, and services to enhance health.

- 3.8.1 Demonstrate functional health literacy by decoding health information that is represented in visual, textual, gestural, and/or linguistic ways.
Lesson 2- I am Caring
- 3.8.2 Engage in an interpersonal conversation about a health-related product or technology to make an informed health decision.
- 3.8.3 Interpret numerical and graphical information to make an informed health decision.
Lesson 4- I am a Friend
Lesson 5- I am Healthy
- 3.8.4 Analyze the validity of health information in print and electronic sources (e.g., news articles, magazines, visual signage, social media, podcasts, and websites) using established criteria.
- 3.8.5 Analyze health-related messages in print and electronic materials to determine credibility of the health message.
- 3.8.6 Demonstrate interactive health literacy by talking about print media and social media that address different populations, perspectives, and practices.
- 3.8.7 Describe why it is important to seek valid and reliable health care to be a proactive, well-informed patient.

3.8.8 Read to interpret health-related product information with a trusted adult to determine the benefits and risks.

Lesson 1- I am Intentional

Lesson 2- I am Caring

Lesson 3: I am Awesome

Lesson 4: I am a Friend

Lesson 5: I am Healthy

Lesson 6: I am a Leader

3.8.9 Access credible websites or health related applications using technology to support health behaviors.

3.8.10 Explain health literacy as a determinant of health that can reduce health inequities.

Standard 4: Students demonstrate effective interpersonal communication skills to enhance health.

4.8.1 Examine how effective interpersonal communication can benefit personal health and well-being.

Lesson 1- I am Intentional

Lesson 2- I am Caring

Lesson 3: I am Awesome

Lesson 4: I am a Friend

Lesson 5: I am Healthy

Lesson 6: I am a Leader

4.8.2 Demonstrate the use of verbal and nonverbal communication skills that enhance well-being.

Lesson 2- I am Caring

Lesson 3: I am Awesome

Lesson 4: I am a Friend

Lesson 5: I am Healthy

Lesson 6: I am a Leader

4.8.4 Demonstrate how to ask for assistance to improve personal health.

Lesson 4- I am a Friend

Lesson 5- I am Healthy

4.8.5 Demonstrate refusal skills to avoid or reduce health risks.

Lesson 1- I am Intentional

Lesson 4- I am a Friend

Lesson 5- I am Healthy

- 4.8.6 Demonstrate how to effectively communicate kindness, empathy, compassion, and care for others.
Lesson 2- I am Caring
Lesson 4- I am a Friend
Lesson 5- I am Healthy
Lesson 6- I am a Leader
- 4.8.7 Demonstrate effective ways to show respect for another person's consent or non-consent.
Lesson 2- I am Caring
Lesson 4- I am a Friend
Lesson 5- I am Healthy
Lesson 6- I am a Leader
- 4.8.8 Demonstrate effective collaboration and negotiation skills that support healthy behaviors and relationships.
Lesson 2- I am Caring
Lesson 4- I am a Friend
Lesson 5- I am Healthy
Lesson 6- I am a Leader
- 4.8.9 Demonstrate effective ways to manage and resolve conflict.
Lesson 1- I am Intentional
Lesson 2- I am Caring
Lesson 4- I am a Friend
Lesson 5- I am Healthy
Lesson 6- I am a Leader

Standard 5: Students demonstrate effective decision-making skills to enhance health.

- 5.8.1 Examine situations when the procedural steps of decision making are needed.
Lesson 1- I am Intentional
Lesson 5- I am Healthy
Lesson 6- I am a Leader
- 5.8.2 Distinguish when health decisions should be made individually or with the help of others.
Lesson 4- I am a Friend
Lesson 5- I am Healthy

- 5.8.3 Explain how family, peers, culture, media, technology, and other factors can affect a health decision.
Lesson 1- I am Intentional
Lesson 2- I am Caring
Lesson 3: I am Awesome
Lesson 4: I am a Friend
Lesson 5: I am Healthy
Lesson 6: I am a Leader
- 5.8.4 Analyze how personal beliefs can affect decisions about a health behavior.
Lesson 3- I am Awesome
- 5.8.5 Discuss alternatives when making health decisions.
Lesson 1- I am Intentional
Lesson 5- I am Healthy
- 5.8.6 Distinguish between healthy and unhealthy consequences for each alternative.
Lesson 1- I am Intentional
Lesson 4- I am a Friend
Lesson 5- I am Healthy
- 5.8.7 Choose a health-promoting option when making an effective decision.
Lesson 1- I am Intentional
Lesson 2- I am Caring
Lesson 3: I am Awesome
Lesson 4: I am a Friend
Lesson 5: I am Healthy
Lesson 6: I am a Leader
- 5.8.8 Analyze the outcomes of an effective health decision.
Lesson 4- I am a Friend
Lesson 5- I am Healthy

Standard 6: Students demonstrate effective goal-setting skills to enhance health.

- 6.8.1 Assess personal health practices.
Lesson 1- I am Intentional
Lesson 2- I am Caring
Lesson 3: I am Awesome
Lesson 4: I am a Friend
Lesson 5: I am Healthy
Lesson 6: I am a Leader

- 6.8.2 Set a SMART personal health goal.
Lesson 1- I am Intentional
Lesson 2- I am Caring
Lesson 3: I am Awesome
Lesson 4: I am a Friend
Lesson 5: I am Healthy
Lesson 6: I am a Leader
- 6.8.3 Predict the health and life benefits of reaching a personal health goal.
Lesson 1- I am Intentional
Lesson 2- I am Caring
Lesson 3: I am Awesome
Lesson 4: I am a Friend
Lesson 5: I am Healthy
Lesson 6: I am a Leader
- 6.8.4 Develop a detailed plan, with a timeline, for achieving a personal health goal.
- 6.8.5 Assess the barriers to achieving a personal health goal.
Lesson 3: I am Awesome
Lesson 4: I am a Friend
Lesson 5: I am Healthy
Lesson 6: I am a Leader
- 6.8.6 Apply strategies to overcome barriers to achieving a personal health goal.
Lesson 1- I am Intentional
Lesson 2- I am Caring
Lesson 3: I am Awesome
Lesson 4: I am a Friend
Lesson 5: I am Healthy
Lesson 6: I am a Leader
- 6.8.7 Implement strategies toward achieving a personal health goal (e.g., tracking progress, setting reminders, taking small steps, overcoming barriers, and revising the goal based on life circumstances).
Lesson 1- I am Intentional
Lesson 2- I am Caring
Lesson 3: I am Awesome
Lesson 4: I am a Friend
Lesson 5: I am Healthy
Lesson 6: I am a Leader

6.8.8 Apply effort, determination, and resilience toward achieving a personal health goal.

Lesson 1- I am Intentional

Lesson 2- I am Caring

Lesson 3: I am Awesome

Lesson 4: I am a Friend

Lesson 5: I am Healthy

Lesson 6: I am a Leader

Standard 7: Students demonstrate observable health and safety practices.

7.8.1 Demonstrate age and developmentally appropriate practices that promote health and prevent or reduce the risk of disease and injury.

Lesson 3- I am Awesome

Lesson 5- I am Healthy

7.8.2 Assess the ability to perform observable health and safety practices.

7.8.3 Document personal health and safety habits and practices in a variety of settings and situations.

Lesson 5: I am Healthy

Lesson 6: I am a Leader

7.8.4 Analyze the impact of making health and safety practices into personal health habits.

Lesson 3- I am Awesome

Standard 8: Students advocate for behaviors that support personal, family, peer, school, and community health.

8.8.1 Use valid and reliable information to identify advocacy positions that meet personal, family, peer, and school health needs.

8.8.2 Create an action plan with advocacy strategies related to a position that promotes personal, family, peer, and school health.

Lesson 6- I am a Leader

8.8.3 Create an advocacy message about a position using valid and reliable information that support the health of self and others.

Lesson 6- I am a Leader

8.8.4 Demonstrate how to adapt health related messages to persuade different audiences.

Lesson 5- I am Healthy

8.8.5 Demonstrate confidence (e.g., strong voice, body language) when persuading others to make health choices that enhance quality of life and promote equitable health opportunities for all.

Lesson 3: I am Awesome

Lesson 6: I am a Leader

8.8.6 Collaborate with others to advocate for personal, family, peer, school, and community health.

Lesson 4: I am a Friend

Lesson 5: I am Healthy

Lesson 6: I am a Leader