

Grade 6 Health Standards and Benchmarks Confirmed

Standard 1: Knows and understands how to maintain and promote wellness. (Physical, Mental/Emotional, Social)

Benchmarks:

1.1: Students will know how to locate and use community health services that provide valid health information.

1.2: Students will know and understand personal health strengths and weaknesses, and how to apply strategies and skills to improve health.

1.3: Students will know how to apply responsible decision making strategies to maintain or improve their health.

1.4: Students will understand how various messages from the media, technology, and other sources impact health practices.

Standard 2: Knows and understands how to maintain and promote physical health

Benchmarks:

2.1: Students will know and apply accident prevention strategies

2.2: Understands how eating nutritionally can maintain and improve health

2.3: Understands how a variety of substances, specifically tobacco, can affect health.

Standard 3: Knows and understands how to maintain and promote an emotional and mental health

Benchmarks:

3.1 Understand and can apply healthy decision making skills

3.2 Knows and can apply strategies in order to manage and express anger and other feelings in a healthy way

3.3 Recognizes how positive self concept affects health

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Standard 4: Knows and understands how to maintain and promote social health

Benchmark:

4.1: Knows various possible causes of conflict among youth and techniques for resolving them