

Content Area: Health
Grade: 6

Unit	Enduring Understandings	Essential Questions	Objectives	Skills
Personal and Mental Health	<p>Students will understand that:</p> <ul style="list-style-type: none"> Individual actions, genetics, and family history can play a role in an individual's personal health. Responsible actions regarding behavior can impact the development and health of oneself and others. Self-management skills impact an individual's ability to cope with different types of mental, psychological, and emotional situations. Demonstrate communication 	<ul style="list-style-type: none"> How do personal health choices impact growth development? <ul style="list-style-type: none"> What effect does diet have on wellness? How can risks to personal health be avoided? <ul style="list-style-type: none"> How often do you have to go to the doctor in a year? Why is it important to get a check-up at the doctor? What is the name for a disease that can be passed down from family members? Name some examples. <ul style="list-style-type: none"> How can your behaviors 	<ul style="list-style-type: none"> Identify effective personal health strategies and behaviors that reduce illness, prevent injuries, and maintain or enhance one's wellness Analyze the relationship between healthy behaviors and personal health. Compare and contrast stress management strategies that are used to address various types of stress-induced situations Analyze how personal attributes, resiliency, and protective factors support mental and 	<ul style="list-style-type: none"> Responsible actions regarding behavior can impact the development and health of oneself and others. Self-management skills impact an individual's ability to cope with different types of mental, psychological, and emotional situations. Relationships are influenced by a wide variety of factors, individuals, and behaviors. Potential solutions to health issues are dependent on health literacy and locating resources

	<p>skills that will support healthy relationships</p> <ul style="list-style-type: none"> • Advocacy for personal, family, community, and global health can influence and change the interaction of people and their health. • Different people have different capacities to deal with different situations and being aware of a wide variety of tools and resources is beneficial. • Many factors can influence an individual's choices when selecting a balanced meal plan, which can affect nutritional wellness. 	<p>affect your personal health?</p> <ul style="list-style-type: none"> • What is stress? • How can you find ways to reduce your level of stress? • What are protective factors? • Why is good mental health important? How can negative mental health effect your quality of life? • t will support healthy relationships <p>How can communication affect the relationships you have with others?</p> <ul style="list-style-type: none"> • How and where can I locate health resources in the community to help with various issues? 	<p>emotional health.</p> <ul style="list-style-type: none"> • Relationships are influenced by a wide variety of factors, individuals, and behaviors • Identify professionals at school and in the community available to assist with health conditions and emergencies • Collaborate with other students to develop a strategy to address health • Analyze how culture, health status, age and access to healthy foods can influence personal eating habits. • Identify skills and healthy behaviors that can support adolescents in losing, gaining, 	<p>accessible in a community.</p> <ul style="list-style-type: none"> • Advocacy for personal, family, community, and global health can influence and change the interaction of people and their health. • Different people have different capacities to deal with different situations and being aware of a wide variety of tools and resources is beneficial. • Many factors can influence an individual's choices when selecting a balanced meal plan, which can affect nutritional wellness. • Awareness of potential risk factors and knowledge of strategies to
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	<ul style="list-style-type: none"> • Awareness of potential risks factors and knowledge of strategies to evaluate choices and potential consequences can help to reduce negative impacts when confronted with difficult or unsafe situations • Diseases can be contracted from a variety of sources and choices individuals make may contribute to or prevent a person from being susceptible to a disease or health condition. • The degree to which an individual is impacted by a health condition or disease can be affected by their immune system 	<ul style="list-style-type: none"> • What is climate change? • Who can you turn to in school to help you express your feelings or thoughts? • How does culture, health status, and access to healthy foods influence personal eating habits? • What are some behaviors that are necessary for healthy weight loss? • What is Sexting? • Have you ever witnessed a fast food worker not use gloves when making your meal? How did that make you feel? • Does eating fast food, consuming too much alcohol, 	<ul style="list-style-type: none"> or maintaining healthy weights. • Design sample nutritional plans for families with different lifestyles, resources, special needs, and cultural backgrounds; • then consider the similarities and differences among the plans. • Assess personal nutritional health and consider opportunities to improve health and performance • Analyze difficult situations that might lead to feelings sadness, anxiety and or depression and identify individuals, • agencies or places in the community where assistance 	<ul style="list-style-type: none"> evaluate choices and potential consequences can help to reduce negative impacts when confronted with difficult or unsafe situations. • Technology can impact the capacity of individuals to develop and maintain healthy behaviors and interpersonal relationships. • Diseases can be contracted from a variety of sources and choices individuals make may contribute to or prevent a person from being susceptible to a disease or health condition. The degree to which an individual is impacted by a
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	<p>and treatment strategies.</p> <ul style="list-style-type: none"> • Bullying Prevention Programs (N.J.S.A.18A:37-17) 	<p>being in an unhealthy relationship or getting a tattoo from an unlicensed artist good for your health?</p> <ul style="list-style-type: none"> • What is suicide? • Where can a person get help if they are thinking about committing suicide? 	<p>may be available. issues related to climate change.</p> <ul style="list-style-type: none"> • Assess the degree of risk in a variety of situations, and identify strategies needed to reduce deliberate and non-deliberate injuries to self and others • Justify how the use of universal precautions, sanitation and waste disposal, proper food handling and storage, and environmental controls can prevent diseases and health conditions. • Describe behaviors which may contribute to or prevent a person from being susceptible to 	<p>health condition or disease can be affected by their immune system and treatment strategies.</p>
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			<p>disease and illness</p> <ul style="list-style-type: none"> • Explain how the immune system fights disease. • Explain how certain methods of disease prevention, treatment strategies, and appropriate medicine use promote health-enhancing behaviors 	
Safety	<p>Students will understand that:</p> <ul style="list-style-type: none"> • Individual actions, genetics, and family history can play a role in an individual's personal health. • Responsible actions regarding behavior can impact the development and health of oneself and others. 	<ul style="list-style-type: none"> • What practices support healthy social and emotional development? • What influences affect the development of character? 	<ul style="list-style-type: none"> • Explain how appropriate health care can promote personal health. • Analyze the relationship between healthy behaviors and personal health • Compare and contrast stress management strategies that are used to address various types of stress-induced situations 	<ul style="list-style-type: none"> • Responsible actions regarding behavior can impact the development and health of oneself and others. • Self-management skills impact an individual's ability to cope with different types of mental, psychological, and emotional situations.

	<ul style="list-style-type: none"> • Self-management skills impact an individual's ability to cope with different types of mental, psychological, and emotional situations. • Inclusive schools and communities are accepting of all people and make them feel welcome and included. • Relationships are influenced by a wide variety of factors, individuals, and behaviors • Individuals may experience interpersonal and/or sexual violence for a variety of reasons, but the victim is never to blame. 	<ul style="list-style-type: none"> • How can abusive behaviors be prevented or treated? • How do negative factors (drugs and alcohol) impact your health and your decisions? • How does drug and alcohol use affect the lives of families? 	<ul style="list-style-type: none"> • Analyze how personal attributes, resiliency, and protective factors support mental and emotional health. • Develop a plan for the school to promote dignity and respect for people of all genders, gender identities, gender expressions, and sexual orientations in the school community. • Demonstrate communication skills that will support healthy relationships • Compare and contrast the characteristics of healthy and unhealthy relationships. • Analyze the similarities and differences 	<ul style="list-style-type: none"> • Inclusive schools and communities are accepting of all people and make them feel welcome and included. • Awareness of potential risk factors and knowledge of strategies to evaluate choices and potential consequences can help to reduce negative impacts when confronted with difficult or unsafe situations • Technology can impact the capacity of individuals to develop and maintain healthy behaviors and interpersonal relationships. • Diseases can be contracted from a variety of sources and
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	<ul style="list-style-type: none"> • Technology can impact the capacity of individuals to develop and maintain healthy behaviors and interpersonal relationships. • The degree to which an individual is impacted by a health condition or disease can be affected by their immune system and treatment strategies. • The use of alcohol, tobacco (including e-cigarettes, vaping), and other drugs (including cannabis products) can result in social, emotional, and physical harm to oneself and others. 	<ul style="list-style-type: none"> • How does alcohol affect the ability to make good decisions? • How should the school rules and consequences be determined? Should they follow State law? • How does alcohol impact bodily functions? • How does 	<p>between friendships, romantic relationships and sexual relationships.</p> <ul style="list-style-type: none"> • Determine the effectiveness of laws designed to keep children and adolescents healthy and safe • Demonstrate strategies to use social media safely, legally, and respectfully • Evaluate the impact of technology and social media on relationships • Explain how certain methods of disease prevention, treatment strategies, and appropriate medicine use promote health-enhancing behaviors • Examine how the use of alcohol, tobacco, 	<p>choices individuals make may contribute to or prevent a person from being susceptible to a disease or health condition.</p> <ul style="list-style-type: none"> • The use of alcohol, tobacco (including e-cigarettes, vaping), and other drugs (including cannabis products) can result in social, emotional, and physical harm to oneself and others. • A variety of factors can contribute to alcohol, tobacco, and drug disorders (e.g., mental health, genetics, environment) and a wide variety of treatment options are
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	<ul style="list-style-type: none"> • The use of alcohol and drugs can affect the social, emotional, and physical behaviors of individuals and their families. 	<p>peer pressure affect your ability to make decisions?</p> <ul style="list-style-type: none"> • How can you overcome peer pressure? • How can I recognize the difference between drug use and abuse? • How can I help to make health decisions for myself and 	<p>and other drugs by adolescents has impacted their lives and the lives of family members socially, emotionally, and physically.</p> <ul style="list-style-type: none"> • Relate the use of alcohol and other drugs to decision-making, consent, and risk for sexual assault and abuse. Determine the factors that contribute to different rules, laws, and policies in schools, communities, and states regarding alcohol, tobacco (including e-cigarettes, vaping, cannabis products), and other drugs. • Explain the impact of alcohol and 	<p>available depending on the needs of the individual. • The use of alcohol and drugs can affect the social, emotional, and physical behaviors of individuals and their families.</p>
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		<p>loved ones?</p> <ul style="list-style-type: none">• What are the risks involved in drug use and abuse?• How does a drug addiction impact the lives of the people around you?• Where can a person go to get help for substance abuse?	<p>other drugs on areas of the brain that control vision, sleep, coordination, reaction time, judgment, and memory.</p> <ul style="list-style-type: none">• Analyze how the influence of peers and different social settings (e.g., home, school, party) can result in positive and/or negative outcomes.• Summarize the signs and symptoms of alcohol, tobacco, and drug disorders.• Compare and contrast the various services that are available for individuals affected by substance disorders in the community and at the state level.	
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