



# MENDHAM TOWNSHIP COMPREHENSIVE HEALTH CURRICULUM

## GRADE 6

- I. Personal Health
  - A. Physical Health
    - 1. Fitness elements 216A1
    - 2. Technology 216A1
    - 3. Heredity 216A2, B1
    - 4. Body composition 216A2
    - 5. Hygiene 216A2
    - 6. Abuse 216E2
  - B. Emotional Health]
    - 1. Self-esteem 216E1
    - 2. Attitude 216E1
    - 3. Decision –making skills 226B1-3
    - 4. Goal setting 226B4
  - C. Mental Health
    - 1. Stress relaxation and management 216E3
    - 2. Communication skills 226A1
    - 3. Character development 226C1-3
  - D. Social Skills
    - 1. Life skills 226C1-2
    - 2. Life style 226C1-2
    - 3. Social interaction 226C3
  
- II. Growth and Development
  - A. Male and Female Development
    - 1. Male and female reproductive systems 246B1
  - B. Sexual Harassment
    - 1. Peer pressure 216D2
    - 2. Bullying 216D2
    - 3. Legal implications 216D2
  - C. Relationship, Dating and Sexuality
    - 1. Socially – appropriate behavior 246A3,5 246B4
    - 2. Communication Skills 226A1
    - 3. Characteristics 246A2
    - 4. Refusal skills 226A2
    - 5. Knowing and dealing with consequences 246A4
    - 6. Rejection, loss and separation 246A4
  - D. Fertilization, Pregnancy and Development of the Fetus
    - 1. Abstinence 246B2
    - 2. Protecting the mother and the fetus 246C3
    - 3. Sperm and egg 246C1,2
    - 4. Development during infancy 246C4
    - 5. Related information and resources 216A3 246C4



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- III. Nutrition
  - A. Nutrients, Vitamins and Minerals
    - 1. Name specific nutrients, vitamins, and minerals and their functions in the body 216B2
    - 2. Growth, maintenance and repair of the body 216B2
    - 3. Function and importance of water in the body 216B2
  - B. The Food Pyramid and Proper Diet
    - 1. Which foods are beneficial to eat, and how much is healthy 216B1, 3
    - 2. Appropriate calorie intake 216B1, 3
    - 3. Maintaining weight in a healthy manner 216B2
    - 4. Guidelines and recommendations for good health 216B3
  - C. Food Labels
    - 1. Serving size 216B4
    - 2. Calories per serving 216B4
    - 3. Nutritional value 216B4
    - 4. Ingredients 216B4
- IV. First Aid and Safety
  - A. Accidents and Accident Prevention
    - 1. Assessments and identification of potentially dangerous situations 216D4
    - 2. Effective procedures for dealing with various situations 216D4
    - 3. Treatment procedures 216D4
    - 4. Preventions methods and procedures 216D1
    - 5. Role playing and follow up discussion of the situation 216D1
  - B. Community Resources for First Aid
    - 1. Emergencies 216D3
    - 2. Police , rescue squad and fire department 216D3
    - 3. Life-saving technology 216D4



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- V. Drugs and Alcohol
  - A. Over – the –Counter and prescription medications
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    - 2. Common terminology 236A2
    - 3. Impact on physical, social and emotional health 236A1 216A2
  - B. Alcohol
    - 1. Physical, emotional and social effects of alcohol 236B4, 5
    - 2. Legal and health consequences of alcohol use 236B4
  - C. Tobacco
    - 1. Health risks associated with tobacco use 236B2
    - 2. Effects of second-hand smoke 236B3
  - D. Steroids
    - 1. Physical and emotional effects of steroid use 236C1-2
    - 2. Legality and awareness of the consequences of steroid use 236C3-4
    - 3. Relation to sports 236C2
  - E. Marijuana, Cocaine and Heroin
    - 1. Physical, social and emotional effects of drug use 236B1
  - F. Abuse of drugs
    - 1. Recognize the difference between drug abuse/misuse and appropriate, safe use of medications 236C1
    - 2. Understanding the present and future consequences of drug use/abuse 236C2, 4 236B6
  - G. Drug addiction
    - 1. Physical, social and emotional effects of addiction 236C1
    - 2. Treatment of addiction 226E2
  - H. Medicines
    - 1. Use in treatment of diseases 236C4
- VI. Diseases and Health Conditions
  - A. Infectious and Non-Infectious Diseases
    - 1. Identify and discuss related information 216C1-3
  - B. HIV/AIDS
    - 1. Identify signs of HIV infection 216C1
    - 2. Identify ways in which HIV spreads 236B7
    - 3. Prevention methods and procedures 21D4, 6 236B7
  - C. Local health information 22A2 226E2 226D2