

## Diocese of Jefferson City Curriculum Guide

Content Area: Health  
 Grade Range: Sixth Grade  
 Section/Heading: 6A.2

Strand: Personal Health and Safety

Diocesan Standard Terra Nova Objective	Benchmark Statement
Personal Health and Safety	Identify the personal responsibility for safety strategies.

Performance Indicators		
<ol style="list-style-type: none"> <li>1. Demonstrate responsibility for safety and supervision on streets.                             <ol style="list-style-type: none"> <li>a. Know ways to prevent motor vehicle injuries and bicycle injuries.</li> </ol> </li> <li>2. Know ways to prevent substance abuse and first aid for substance abuse emergencies.</li> </ol>		
Suggested Activities	Assessment	Resources

## Diocese of Jefferson City Curriculum Guide

Content Area: Health  
 Grade Range: Sixth Grade  
 Section/Heading: 6B.1

Strand: Substance Abuse and Use

Diocesan Standard Terra Nova Objective	Benchmark Statement
Substance Abuse and Use	Understands aspects of substance abuse and use.

Performance Indicators		
<ol style="list-style-type: none"> <li>1. Review harmful effects of tobacco and spit tobacco.</li> <li>2. Demonstrate comprehension about mind altering drugs and their use.</li> <li>3. Recognize positive qualities they possess to increase confidence and to resist pressure.               <ol style="list-style-type: none"> <li>a. Demonstrate how to resist pressure and to say no effectively.</li> <li>b. Identify and analyze media influences about tobacco and other drugs.</li> <li>c. Know that choices have consequences.</li> <li>d. Identify negative consequences of violent ways of dealing with conflict.</li> <li>e. Identify the influence of older students as role models.</li> </ol> </li> </ol>		
Suggested Activities	Assessment	Resources

## Diocese of Jefferson City Curriculum Guide

Content Area: Health  
 Grade Range: Sixth Grade  
 Section/Heading: 6C.1

Strand: Consumer Health

Diocesan Standard Terra Nova Objective	Benchmark Statement
Consumer Health	Know the availability and effective use of health services, products and information.

Performance Indicators		
<ol style="list-style-type: none"> <li>1. Determine how information on a label can be used in selecting health products, i.e. over the counter drugs, prescriptions drugs, quackery.</li> <li>2. Demonstrate the ability to make informed decisions regarding the use of health products and health services.</li> </ol>		
Suggested Activities	Assessment	Resources

## Diocese of Jefferson City Curriculum Guide

Content Area: Health  
 Grade Range: Sixth Grade  
 Section/Heading: 6D.1

Strand: Health and Disease Prevention

Diocesan Standard Terra Nova Objective	Benchmark Statement
Health and Disease Prevention	Know how to maintain and promote personal health.

Performance Indicators		
<ol style="list-style-type: none"> <li>1. Identify Communicable Diseases.                             <ol style="list-style-type: none"> <li>a. Caused by bacteria-Whooping Cough, tetanus, diphtheria.</li> <li>b. Caused by viruses-chicken pox, measles, mumps, polio, flu, common cold.</li> <li>c. Caused by fungi-Athlete's foot, ringworm, skin diseases.</li> <li>d. Caused by protozoans-Malaria.</li> </ol> </li> <li>2. Identify three diseases for which cures or new treatments are needed and three scientist who have contributed to disease prevention and their contributions.</li> <li>3. Predict the consequences of inadequate or ineffective public services (garbage and solid waste) and alternative solutions if not provided.</li> </ol>		
Suggested Activities	Assessment	

## Diocese of Jefferson City Curriculum Guide

Content Area: Health  
 Grade Range: Sixth Grade  
 Section/Heading: 6E.1

Strand: Environment and Community

Diocesan Standard Terra Nova Objective	Benchmark Statement
Environment and Community	Understand environmental and external factors that affect individual and community health.

Performance Indicators		
1. Explain the role of community agencies in protecting and promoting the health and safety of community members.		
Suggested Activities	Assessment	Resources

## Diocese of Jefferson City Curriculum Guide

Content Area: Health  
 Grade Range: Sixth Grade  
 Section/Heading: 6F.1

Strand: Mental Health

Diocesan Standard Terra Nova Objective	Benchmark Statement
Mental Health	Know how to maintain mental and emotional health.

Performance Indicators		
<ol style="list-style-type: none"> <li>1. Identify changes in feelings that occur during adolescence and give alternatives for dealing with them constructively.</li> <li>2. Explain the need for the acceptance of oneself and others. Explain how that acceptance will promote a healthy lifestyle.</li> <li>3. Develop strategies to show respect for peers and adults.</li> <li>4. Recognize the need for and means for securing mental health treatment.</li> <li>5. Identify mental health care providers.</li> </ol>		
Suggested Activities	Assessment	Resources

## Diocese of Jefferson City Curriculum Guide

Content Area: Health  
 Grade Range: Sixth Grade  
 Section/Heading: 6G.1

Strand: Nutrition

Diocesan Standard Terra Nova Objective	Benchmark Statement
Nutrition	Understand essential concepts about nutrition and diet.

Performance Indicators		
<ol style="list-style-type: none"> <li>1. Identify and describe factors that affect the acceptability of food (age, religion, beliefs, health problems).</li> <li>2. Analyze food labels for nutritional value.</li> </ol>		
Suggested Activities	Assessment	Resources