



SCHOOL DISTRICT OF THE CHATHAMS CURRICULUM PROFILE TEMPLATE



CONTENT AREA(S): Comprehensive Health

COURSE/GRADE LEVEL(S): 6th Grade

I. Course Overview

Health Education has been designed to cover health concepts deemed important and necessary as stipulated by the New Jersey Core Curriculum Content Standards. As a result, this curriculum is designed to promote each student's optimum physical, mental, emotional and social development. Because the curriculum is student-centered and interactive, health information is combined with skill development and practice in order to have an impact on lifelong behavior. The following are the course objectives and alignment with the NJCCCS:

Standard 2.1 Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.

Standard 2.2 Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.

Standard 2.3 Drugs and Medicines: All students will acquire knowledge about alcohol, tobacco, other drugs, and medicines and apply these concepts to support a healthy, active lifestyle.

Standard 2.4 Human Relationships and Sexuality: All students will acquire knowledge about the physical, emotional and social aspects of human relationships and sexuality and apply these concepts to support a healthy, active lifestyle.

II. Units of Study

2.1. A. Personal Growth and Development

Staying healthy is a lifelong process that includes all dimension of wellness.

2.1. B. Nutrition

Eating patterns are influenced by a variety of factors.

2.1. C. Diseases and Health Conditions

The early detection and treatment of diseases and health conditions impact one's health.

2.1. D. Safety

Identifying unsafe situations and choosing appropriate ways to reduce or



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eliminate risks contributes to the safety of self and others.

Applying first-aid procedures can minimize injury and save lives.

2.1. E. Social and Emotional Health

Social and emotional development impacts all components of wellness.

Respect and acceptance for individuals regardless of gender, sexual orientation, disability, ethnicity, socioeconomic background, religion, and/or culture provide a foundation for the prevention and resolution of conflict.

Stress management skills impact an individual's ability to cope with different types of emotional situations.

2.2. A. Interpersonal Communication

Effective communication may be a determining factor in the outcome and health- and safety-related situations.

Effective communication is the basis for strengthening interpersonal interactions and relationships and resolving conflicts.

2.2. B. Decision Making and Goal Setting

Every health related decision has short- and long-term consequences and affects the ability to reach health goals.

2.2. C. Character Development

Personal core ethical values impact the behavior of oneself and others.

Character building is influenced by many factors both positive and negative, such as acceptance, discrimination, bullying, abuse, sportsmanship, support, disrespect, and violence.

2.2. D. Advocacy and Service

Participation in social and health- or service-organization initiatives have a positive social impact.

2.2. E. Health Services and Information

Health literacy includes the ability to compare and evaluate health resources.

Communicating health needs to trusted adults and professionals assists in the prevention, early detection, and treatment of health problems.



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2.3. A. Medicines

Medicines come in a variety of forms (prescription medicines, over-the-counter medicines, medicinal supplements), are used for numerous reasons, and should be taken as directed in order to be safe and effective.

2.3. B. Alcohol, Tobacco, and Other Drugs

There is a strong relationship between individuals who abuse drugs and increased intentional and unintentional health-risk behaviors.

2.3. C. Dependency/Addiction and Treatment

Substance abuse is caused by a variety of factors.

There are many ways to obtain help for treatment of alcohol, tobacco, and other substance abuse problems.

2.4. A. Relationships

Healthy relationships require a mutual commitment.

2.4. B. Sexuality

Most significant physical, emotional, and mental growth changes occur during adolescence, but not necessarily at the same time.

Responsible actions regarding sexual behaviors impact the health of oneself and others.

2.4. C. Pregnancy and Parenting

Knowing the physiological process of how pregnancy occurs as well as development of the fetus leading to childbirth contribute to a greater understanding of how and why a healthy environment should be provided for the pregnant mother.

Adolescent parents may have difficulty adjusting to social, emotional and financial responsibilities of parenthood.

III. Essential Questions (The open-ended, provocative questions that help frame inquiry)

Why is it important to maintain a healthy lifestyle?

How can I improve my physical, emotional, mental and social wellbeing?

What unhealthy conditions can I prevent by improving my lifestyle and wellbeing?

How can I effectively communicate with others?

Why is it important to be assertive, and have the ability to negotiate in conflict situations?



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What steps do I need to take to reach my short and long-term goals?
How do my personal core ethical values impact my behavior and the behaviors of others?
How do I practice cyber and cell phone safety?
What is the difference between over-the-counter drugs, prescription drugs and drugs of abuse?
What are the short and long-term consequences of drugs of abuse?
What factors in a person's life can cause substance abuse?
How can I prevent myself from experimenting with tobacco, alcohol and other substances of abuse?
What factors in my life help me to avoid drugs of abuse?
How do I maintain healthy friendships and relationships?
What do I need to know about my changes during adolescence?
How do my responsible actions regarding sexual behaviors impact my health?
What are the disadvantages of an unintended pregnancy for adolescent parents?

IV. Learning Objectives

2.1. A. 1. Explain how health data can be used to access and improve each dimension of personal wellness.

2.1. A. 2. Relate how personal lifestyle habits, environment, and heredity influence growth and development in each life stage.

2.1. A. 3. Determine factors that influence the purchase of healthcare products and use of personal hygiene practices.

2.1. B. 1. Determine factors that influence food choices and eating patterns.

2.1. B. 2. Summarize the benefits and risks associated with nutritional content, value, calories and cost.

2.1. B. 3. Compare and contrast nutritional information on similar food products in order to make informed choices.

2.1. C. 1. Summarize means of detecting and treating diseases and health conditions that are prevalent in adolescents.

2.1. C. 2. Determine the impact of public health strategies in preventing diseases and health conditions.

2.1. C. 3. Compare and contrast common mental illnesses (such as depression, anxiety and panic disorders, and phobias) and ways to detect and treat them.

2.1. D. 1. Summarize the common causes of intentional and unintentional injuries in adolescence and related prevention strategies.

2.1. D. 2. Explain what to do if abuse is suspected or occurs.

2.1. D. 3. Summarize the components of the traffic safety system and explain how people contribute to making the system effective.

2.1. D. 4. Assess when to use basic first-aid procedures.



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2.1. E. 1. Examine how personal assets and protective factors support healthy social and emotional development.

2.1. E. 2. Make recommendations to resolve the incidences of school and community conflict, violence, harassment, gang violence, discrimination, and bullying.

2.1. E. 3. Compare and contrast ways the individuals, families, and communities cope with change, crisis, rejection, loss, and separation.

2.2. A. 1. Demonstrate verbal and nonverbal interpersonal communication in various settings that impact the health of oneself and others.

2.2. A. 2. Demonstrate use of refusal, negotiation, and assertiveness skills in different situations.

2.2. B. 1. Use effective decision-making strategies.

2.2. B. 2. Predict how the outcome(s) of a health-related decision may differ if an alternative decision is made by self or others.

2.2. B. 3. Determine how conflicting interests may influence one's decision.

2.2. B. 4. Apply personal health data and information to support achievement of one's short- and long-term goals.

2.2. C. 1. Explain how character and core ethical values can be useful in addressing challenging situations.

2.2. C. 2. Predict situations that may challenge an individual's core ethical values.

2.2. C. 3. Develop ways to proactively include peers with disabilities at home, at school, and in community activities.

2.2. D. 1. Appraise the goals of various community or service-organization initiatives to determine opportunities for volunteer service.

2.2. D. 2. Develop a position about a health issue in order to inform peers.

2.2. E. 1. Determine the validity and reliability of different types of health resources.

2.2. E. 2. Distinguish health issues that warrant support from trusted adults or health professionals.

2.3. A. 1. Compare and contrast short- and long-term effects and the potential for abuse of commonly used over-the-counter and prescription medicines and herbal and medicinal supplements.

2.3. A. 2. Compare information found on over-the-counter and prescription medicines.

2.3. B. 1. Explain the system of drug classification and why it is useful in preventing substance abuse.

2.3. B. 2. Relate tobacco use and the incidence of disease.

2.3. B. 3. Compare the effect of laws, policies, and procedures on smokers and nonsmokers.



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2.3. B. 4. Determine the impact of the use and abuse of alcohol on the incidence of illness, injuries, and disease, the increase of risky health behaviors, and the likelihood of harm to one's health.

2.3. B. 5. Determine situations where the use of alcohol and other drugs influence decision-making and can place one at risk.

2.3. B. 6. Summarize the signs and symptoms of inhalant abuse.

2.3. B. 7. Analyze the relationship between injected drug use and diseases such as HIV/AIDS and hepatitis.

2.3. C. 1. Summarize the signs and symptoms of a substance abuse problem and the stages that lead to dependency/addiction.

2.3. C. 2. Explain how wellness is affected during the stages of drug dependency/addiction.

2.3. C. 3. Determine the extent to which various factors contribute to the use and abuse of alcohol, tobacco, and other drugs by adolescents, such as peer pressure, low self-esteem, genetics, and poor role models.

2.4. A. 1. Compare and contrast how families may change over time.

2.4. A. 2. Analyze the characteristics of healthy friendships and other relationships.

2.4. A. 3. Examine the types of relationships adolescents may experience.

2.4. A. 4. Demonstrate successful resolution of a problem among friends and in other relationships.

2.4. A. 5. Compare and contrast the role of dating and dating behaviors in adolescence.

2.4. B. 1. Compare growth patterns of males and females during adolescence.

2.4. B. 2. Summarize strategies to remain abstinent and resist pressures to become sexually active.

2.4. B. 3. Determine behaviors that place one at risk for HIV/AIDS, STIs, HPV, or unintended pregnancy.

2.4. B. 4. Predict the possible physical, social, and emotional impacts of adolescent decisions regarding sexual behavior.

2.4. C. 1. Summarize the sequence of fertilization, embryonic growth, and fetal development during pregnancy.

2.4. C. 2. Identify the signs and symptoms of pregnancy.

2.4. C. 3. Identify prenatal practices that support a healthy pregnancy.

2.4. C. 4. Predict challenges that may be faced by adolescent parents and their families.

V. Instructional Materials

- Health Promotion Wave
- Scholastic Choices with Current Health magazine
- Netbooks



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- Internet
- Interactive websites
- Library resource materials, Health resource page, textbooks, encyclopedias
- Worksheets, Pre/Post Assessments
- Handouts, Fact Sheets
- Local Content Server, Health-related videos

VI. Key Performance and Benchmark Tasks

- Maintain physical, social, and emotional health by practicing healthy behaviors and goal setting.
- Understand preventive physical and mental health measures, including proper diet, sleep requirements, nutrition, exercise, risk avoidance, and stress reduction.
- Use available information to make appropriate health-related decisions.
- Establish and monitor personal and family health goals.
- Access reliable health resources to gain knowledge about health and wellness.
- Recognize the influence of media, technology, and culture in making informed health-related decisions as a consumer of health products and services.
- Identify their own risk factors and protective factors in their personal environments.
- Accept and respect individual and cultural differences.