

6th Grade

The topic of Human Growth and Development (which includes the areas of family life education and personal health) is part of our district's Health Education curriculum. Listed below are the specific objectives of this curriculum. We feel that by working together with you in teaching these objectives our children will realize that their physical and emotional well-being is an important aspect of their total personal development. The sixth grade objectives include:

1. Analyze the impact of peer pressure on an individual and a group.
2. Describe specific roles of parents and children that are complimentary and/or conflicting.
3. Appreciate that a positive family environment will encourage communication among members.
4. Demonstrate an understanding that values and attitudes about family life come from the family unit.
5. Explain basic steps involved in making rational decisions.
6. Discuss dating as one way of exploring friendships and learning new social skills.
7. Identify criteria for acceptable dating behavior.
8. Recognize that healthy lifestyles have several components, such as personal responsibility, stress management, nutrition, physical fitness, and environmental sensitivity.
9. Describe the basic structure and function of a cell.
10. Show they know the benefits of meeting individual need for rest and sleep.
11. Appreciate the effect of grooming on interpersonal relationships.
12. Recognize the importance of establishing an ongoing and effective exercise plan, which meets personal requirements and accommodates limitations.
13. Recognize how to prevent AIDS, STI's, etc.