

Middle School Health Education
Course: Health Grade 6

Mental and Emotional Health Unit		
Lesson Number	Lesson Topic	MSDE Standards
1 & 2	Analyzing Influences Skill Introduction	<ul style="list-style-type: none"> • Standard 2: Analyzing Influences - Students will analyze the influence of family, peers, culture, media, technology and other factions on health behaviors
3 & 4	Wellness	<ul style="list-style-type: none"> • Describe the components of wellness. 1a.6.1 • Describe role models that demonstrate positive mental and emotional health. 1a.6.2 • Describe the qualities of a trusted adult with whom you could talk about your overall wellness. 1a.6.7
5	Self-Esteem	<ul style="list-style-type: none"> • Identify strengths in self in order to prioritize personal skills and allow interests to develop. 1a.6.6
6	Emotions	<ul style="list-style-type: none"> • Examine the importance of being aware of one's own feelings and being sensitive to the feelings of others. 1a.6.3 • Discuss how emotions change during adolescence. 1a.6.4 • Identify triggers of strong emotions and apply healthy coping strategies. 1a.6.5
7 & 8	Stress	<ul style="list-style-type: none"> • Identify the importance of telling a trusted adult if you or someone else is experiencing mental or emotional health challenges. 1a.6.8 • Explain the body's physical and psychological responses to stressful situations. 1a.6.9
9 & 10	Suicide Prevention	<ul style="list-style-type: none"> • Identify depression as prolonged sadness with no identifiable cause. 1a.6.10 • Identify warning signs of people who are in danger of hurting themselves or others and demonstrate how to tell a trusted adult. 1a.6.11

Substance Abuse Prevention Unit		
Lesson Number	Lesson Topic	MSDE Standards
1	Over the Counter & Prescription Drugs	<ul style="list-style-type: none"> • Differentiate between proper use and abuse of prescription medicines. 1b.6.1 • Distinguish between proper use and abuse of over-the-counter medicines. 1b.6.2
2 & 3	Nicotine	<ul style="list-style-type: none"> • Describe situations that could lead to the use of alcohol, opioids, nicotine products, marijuana products, and other trending drugs or substances. 1b.6.4 • Determine the reasons why people choose to use or not to use alcohol, opioids, nicotine products, marijuana products, and other trending drugs or substances. 1b.6.5
4	Vaping	
5	Alcohol & Marijuana	
6 & 7	Refusal Skills	<ul style="list-style-type: none"> • Describe situations that could lead to the use of alcohol, opioids, nicotine products, marijuana products, and other trending drugs or substances. 1b.6.4 • Determine the reasons why people choose to use or not to use alcohol, opioids, nicotine products, marijuana products, and other trending drugs or substances. 1b.6.5 • Demonstrate refusal and negotiation skills to avoid or reduce health risks. 4.MS.b

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Disease Control and Prevention Unit		
Lesson Number	Lesson Topic	MSDE Standards
1 & 2	Goal-Setting Skill Introduction	<ul style="list-style-type: none"> • Standard 6: Goal Setting - Students will demonstrate the ability to use goal-setting skills to enhance health
3	Sun Exposure	<ul style="list-style-type: none"> • Summarize actions to take to protect one's skin against potential damage from exposure to the sun. 1f.6.6
4	Sun Protection	<ul style="list-style-type: none"> • Summarize actions to take to protect one's skin against potential damage from exposure to the sun. 1f.6.6

Safety and Violence Prevention Unit		
Lesson Number	Lesson Topic	MSDE Standards
1	Safety Rules	<ul style="list-style-type: none"> • Summarize safety rules for the home, vehicles, and community. 1d.5.1 • List examples of dangerous or risky behaviors that might lead to injuries. 1d.5.2 • Identify ways to reduce risk of injuries around water. 1d.5.3 • Identify ways to protect vision and hearing from injury. 1d.5.4
2	Abuse and Assault	<ul style="list-style-type: none"> • Identify and describe healthy relationships between children and others (e.g., persons in authority, coaches, teachers, and clergy). 1d.6.9 • Identify verbal and/or non-verbal actions that constitute sexual mistreatment, grooming, harassment, abuse, assault, and exploitation. 1d.6.10
3	Harassment and Bullying	<ul style="list-style-type: none"> • Explain the role of bystanders in escalating, preventing or stopping bullying, fighting, discrimination, and violence. 1d.6.11 • Explain that it is never the fault of a person if they are made to feel unsafe. 1d.6.12
4 & 5	Acceptance and Tolerance	<ul style="list-style-type: none"> • Defend against teasing others based on personal characteristics such as body type, race, gender, appearance, mannerisms, and the way one dresses or acts. 1d.6.8
6	Consent	<ul style="list-style-type: none"> • Demonstrate effective ways to express needs, wants, and feelings, including the setting of and respecting of personal limits and boundaries. 1d.6.3 • Identify individuals have the right to refuse sexual contact. 1d.6.4

Family Life and Human Sexuality Unit		
Lesson Number	Lesson Topic	MSDE Standards
1	Puberty	<ul style="list-style-type: none"> • Describe the physical, social, and emotional changes that occur during puberty. 1c.5.3 • Summarize that the onset and progression of puberty varies considerably. 1c.5.4
2 & 3	Reproductive Systems	<ul style="list-style-type: none"> • Identify human reproductive systems including medically accurate names for internal and external genitalia and their functions. 1c.6.7
4	Human Reproduction	<ul style="list-style-type: none"> • Describe conception and its relationship to the menstrual cycle and vaginal sex. 1c.6.8

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Healthy Eating Unit		
Lesson Number	Lesson Topic	MSDE Standards
1	MyPlate & U.S. Dietary Guidelines	<ul style="list-style-type: none">• Describe the U.S. Dietary Guidelines for Americans. 1e.6.1• Summarize the benefits of eating plenty of fruits, vegetables, and whole grains. 1e.6.2
2 & 3	Nutrients	<ul style="list-style-type: none">• Summarize the benefits of drinking water. 1e.6.3• Identify foods that are high in fiber, iron, and calcium. 1e.6.4• Describe the benefits of consuming foods high in fiber, iron and calcium. 1e.6.5• Describe the benefits of consuming an adequate amount of calcium and a variety of foods high in calcium. 1e.6.6
4 & 5	Food Labels	<ul style="list-style-type: none">• Identify the importance of a nutrition facts label. 1e.6.9• Identify the components of a nutrition facts label. 1e.6.10