

Acton-Boxborough Regional School District

COMPREHENSIVE HEALTH EDUCATIONS OBJECTIVES*

GRADE SIX

EMOTIONAL/SOCIAL HEALTH

Students will:

1. Recognize that puberty occurs at different ages and that everyone will go through puberty on his/her own schedule. **4.2**** (review)
2. Identify emotional stresses that can occur along with puberty and the approach of junior high school (body image, school pressures). **4.2, 4.5**
3. Recognize their role in and responsibility for developing a sense of community in the school and classroom.
4. Identify drug-free ways to cope with stress and resources for support (perceiving situations as opportunities/exerting control when possible). **5.6**
5. Describe strategies for resisting a variety of types of peer pressure to drink or use drugs (e.g. teasing, indirect or heavy pressure). **10.1, 10.3**
6. Identify resources available to help alcoholics and their families.
7. Explore the issue of responsibility/consequences for one's own and others' drinking. **2.6**
8. Recognize their own learning style and appreciate and respect others' learning styles.

Review

1. Continue to practice skills for conflict resolution. **7.1, 7.2**
2. Continue to practice decision-making and coping skills. **5.5, 5.6**

SAFETY & PREVENTION

Students will:

1. Identify risk-taking behaviors and explore their consequences. **10.6, 11.5**
2. Identify strategies to prevent unsafe interactions on the Internet. (Youth Officer)

Review

1. Describe safe procedures (APS Universal Precaution Standards) when blood and body fluids are encountered in school or on playground. **9.6**

PHYSICAL HEALTH (THROUGHOUT THE YEAR)

Students will:

1. Learn about physical fitness, exercise, life sports, relaxation activities. (See Physical Education Department objectives.) **2.1 – 2.5**

*minor revisions in 2012

** Numbers refer to the Massachusetts State Health Frameworks document learning standards.

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COMPREHENSIVE HEALTH EDUCATIONS OBJECTIVES*

GRADE SIX *continued*

(Human Growth and Development: 8-10 Lessons)

Students will:

1. List several of the physical and emotional changes that occur during puberty and tell whether they happen to boys, girls, or both. **4.1, 4.2**
2. Explain the role of the pituitary gland in puberty. **4.1**
3. Describe the range of ages over which normal adolescent development occurs. **4.1**
4. Define the following terms: puberty, hormone, reproduction, nocturnal emissions, menstruation, heterosexual, homosexual (gay and lesbian). **4.1, 4.2, 4.3**
5. Describe several of the changing physical/emotional needs of adolescents (e.g., extra calcium, extra sleep, stress management). **4.5**
6. Become familiar with nutritional labeling on foods as a tool for decision-making. **3.10**
7. Identify and label the major organs of the male and female reproductive systems (Female: uterus, ovaries, fallopian tubes, vagina, labia; Male: penis, scrotum, testicles, vas deferens, urethra) **4.1**
8. Recognize that some diseases (Sexually Transmitted Diseases, or STDs), including AIDS, can be transmitted during sexual activity. **4.9**
9. Identify sexual discrimination and harassment (school principal). **4.10**

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