

Comprehensive Health Education in Grade 6

Mental and Emotional Health

Standard

Maryland State Curriculum Content Standard 1: Students will demonstrate the ability to use mental and emotional health knowledge, skills, and strategies to enhance one's self-concept and one's relationship with others.

Indicators and Objectives

II. Analyzing Influences
1. Analyze the influences of family, peers, culture, media, technology and other factors on health behaviors.
a. Analyze how significant influences of family and culture affect personal health practices and behaviors.
b. Examine how relevant influences of media and technology affect personal health practices and behaviors.
c. Analyze how values of peers influence or affect personal health practices and behaviors.
III. Accessing Information
1. Demonstrate the ability to access valid, reliable, health-enhancing information, products, and services.
a. Analyze the validity and reliability of health information and products.
IV. Interpersonal Communication
1. Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
a. Apply effective verbal and nonverbal communication skills to enhance social and emotional health.
b. Demonstrate how to ask for assistance to enhance the health of self or others.
V. Decision Making
1. Apply the decision-making model to personal issues and problems.
a. Use the decision-making model in school, home, and social situations.
b. Distinguish between healthy and unhealthy alternatives of a mental and emotional health-related decision.
c. Predict the potential outcomes of healthy and unhealthy alternatives in a mental and emotional health-related decision.
d. Analyze how decisions are influenced by external conditions including culture, family, and the environment.

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VI. Goal Setting

1. Demonstrate the ability to use goal setting to enhance health.

- a. Set a realistic personal health goal using a reflective goal-setting process.

VII. Personal Well-being—Self-Management

1. Analyze components to promote personal well-being.

- a. Explain and give examples of the components of personal well-being.

- Physical
- Emotional/Mental
- Social

- b. Analyze the interrelationship of physical, mental/emotional, and social health.

VII. Emotions—Self-Management

2. Apply appropriate skills and information to express needs, wants, emotions, and feelings.

- a. Recognize changes in emotions in other people and respond within appropriate ways.

- b. Apply appropriate communication skills to express one's own needs, wants, emotions, and feelings.

- c. Analyze how mental and emotional health affects health-related behaviors.

VII. Stress Management—Self-Management

3. Apply principles associated with stress management.

- a. Describe causes and effects of stress.

- b. Analyze personal stressors at home, in school, and with friends.

- c. Evaluate possible strategies to manage stress

VIII. Advocacy

1. Demonstrate the ability to advocate for personal, family, and community health.

- a. Persuade others to make positive health choices.