

**HEALTH/FAMILY LIFE**  
**GRADE SIX COURSE CONTENT OUTLINE**

- UNIT I. Injury Prevention and Personal Safety**
- First Aid skills
  - Heimlich
  - Importance of communication
- UNIT II. Nutrition**
- Personal nutritional goals
  - Healthy & unhealthy reasons for eating
  - Dietary guidelines
- UNIT III. Functions of the Body**
- Stress response
  - Reproductive and immune systems
  - Allergies & asthma
  - Cells function & operation
- UNIT IV. Growth & Development/The Cycle of Family Life**
- Puberty
  - Stages of growth from conception to birth
  - Defining emotional maturity
- UNIT V. HIV/AIDS and Illness Prevention**
- Defining viruses & HIV
  - The immune system
  - Responsible behavior
- UNIT VI. Substance Abuse Prevention**
- Identify external/internal pressures of adolescence
  - School & community help resources
  - Alcohol & drug addiction
- UNIT VII. Community Health & Safety (With Violence Prevention)**
- Environmental pollution and community health
  - Violent reactions to stress and anger
  - Conflict resolution
- UNIT VIII. Self Worth, Mental and Emotional Health**
- Healthy and unhealthy self esteem
  - Positive and negative ways to cope
  - Respect uniqueness
- UNIT IX. Environmental and Consumer Health**
- Safe and healthy environments
  - Community resources
  - Service to the community
- UNIT X. Physical Fitness**
- Mental, emotional and physical benefits of exercise
  - Sports injury prevention
  - Diet & exercise plan