

COURSE OVERVIEW

| M/J Health 1: GRADE 6 | |
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| <ul style="list-style-type: none"> I. Understanding Yourself and Others <ul style="list-style-type: none"> A. Personality Development B. Self-Image C. Family Relationships D. Friendships E. Decision-Making F. Conflict Resolution G. Bullying/Harassment II. Personal Health Practices <ul style="list-style-type: none"> A. Body Maintenance <ul style="list-style-type: none"> 1. Personal hygiene 2. Exercise 3. Sleep and rest B. Nutrition <ul style="list-style-type: none"> 1. Food Guide Pyramid 2. Diet 3. Food labeling C. Environment - Safety and Health III. Substance Use <ul style="list-style-type: none"> A. Using Drugs Responsibly <ul style="list-style-type: none"> 1. OTC Medicines 2. Prescription Drugs 3. Drug Classifications B. Resisting Peer Pressure to Use Drugs <ul style="list-style-type: none"> 1. Tobacco 2. Alcohol 3. Marijuana 4. Cocaine/Crack C. Having an Awareness of Resources for Drug Abuse IV. Human Growth and Development <ul style="list-style-type: none"> A. Growth Stages B. Adolescence C. Growth Spurts | <ul style="list-style-type: none"> D. Puberty <ul style="list-style-type: none"> 1. Boys 2. Girls V. Diseases <ul style="list-style-type: none"> A. Communicable <ul style="list-style-type: none"> 1. Common Cold 2. Influenza 3. Pneumonia 4. Mononucleosis 5. Hepatitis 6. Tetanus 7. Chicken Pox 8. Measles 9. Strep Throat 10. Lyme Disease 11. Chlamydia 12. Gonorrhea 13. Syphilis 14. Genital Herpes B. Non-Communicable <ul style="list-style-type: none"> 1. Arthritis 2. Diabetes 3. Asthma 4. Sickle-Cell Anemia 5. Epilepsy 6. Multiple Sclerosis 7. Muscular Dystrophy 8. Cerebral Palsy VI. Safety <ul style="list-style-type: none"> A. Unintentional Injuries B. Staying Safe in Severe Weather and Natural Disasters C. Babysitting D. Using Safe Practices |