



**Glencoe**

Voluntary State Curriculum – Health Education  
Grade 6



# Teen Health

**COURSE 1**

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STANDARDS	PAGE REFERENCES
<p>1.0 Mental and Emotional Health – 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.</p>	
<p>A. Mental and Emotional Health</p>	
<p>1. Recognize and apply effective communication skills.</p>	<p><b>Student Edition:</b> 62-66, 78-79 <i>Health Skills Activity</i> 70, 78 <i>Lesson 1 Review</i> 66 <i>Lesson 3 Review</i> 233 #6 <i>Quick Write</i> 45, 62</p> <p><b>Teacher Wraparound Edition:</b> AV 64; CP 63; CT 65; HSA 70, 78; HSP 37; QW 45, 62; RS 60D, 63, 65</p>
<p>6. Describe how emotions influence behavior.</p>	<p><b>Student Edition:</b> 42-43 <i>Health Online</i> 43 <i>Lesson 3 Review</i> 44 #4, #5</p> <p><b>Teacher Wraparound Edition:</b> AL 43; ETC 30C; HO 43; HSP 42</p>

Codes used for Teacher Wraparound Edition pages are the initial caps of headings on that page.

STANDARDS	PAGE REFERENCES
<p><b>3. Identify components to promote personal well-being.</b></p>	<p><b>Student Edition:</b>  4-7  <i>Hands-on Health</i> 26  <i>Lesson 1 Review</i> 7  <b>Teacher Wraparound Edition:</b>  AL 6; CT 5; HH 26; HHA 26; RS 6</p>
<p><b>4. Apply the decision-making process to personal issues and problems.</b></p>	<p><b>Student Edition:</b>  17-19  <i>Building Health Skills</i> 24-25, 112-113, 260-261  <i>Health Skills Activity</i> 19, 53, 111  <i>Lesson 4 Review</i> 19  <i>Media Watch</i> 17  <i>Quick Write</i> 16  <b>Teacher Wraparound Edition:</b>  BHS 24-25, 112-113, 260-261; HSA 18, 52, 110;  MW 17; RS 17</p>
<p><b>5. Identify personal assets and strengths that contribute to ones uniqueness.</b></p>	<p><b>Student Edition:</b>  32-35, 36-40, 74  <i>Connect to Language Arts</i> 39  <i>Guide to Reading</i> 32  <i>Hands-on Health</i> 56  <i>Lesson 1 Review</i> 35  <i>Quick Write</i> 32  <b>Teacher Wraparound Edition:</b>  APK 32; CLA 39; HH 56; QW 32</p>
<p><b>6. Recognize principles associated with stress management.</b></p>	<p><b>Student Edition:</b>  48-49  <i>Health Skills Activity</i> 48  <i>Quick Write</i> 45  <b>Teacher Wraparound Edition:</b>  HL 48; HSA 48; QW 45</p>
<p><b>7. Identify internal and external influences on self image.</b></p>	<p><b>Student Edition:</b>  32-40, 76-77  <i>Developing Good Character</i> 68  <i>Health Skills Activity</i> 34  <i>Media Watch</i> 40  <b>Teacher Wraparound Edition:</b>  DGC 68; HSA 34; MW 40</p>

STANDARDS	PAGE REFERENCES
2.0 Alcohol, Tobacco, and Other Drugs - Students will demonstrate the ability to use drug knowledge, decision-making skills, and health enhancing strategies to address, the nonuse, use, and abuse of medications, alcohol, tobacco, and other drugs.	
A. Alcohol, Tobacco, and Other Drugs	
1. Distinguish between the appropriate and inappropriate use of prescription and OTC drugs.	<p><b>Student Edition:</b> 161-162 <i>Developing Good Character</i> 162 <i>Figure 6.9</i> 161</p> <p><b>Teacher Wraparound Edition:</b> AL 161; DGC 161; HSC 161</p>
2. Identify and examine physical, psychological, social, and legal consequences of the use of tobacco.	<p><b>Student Edition:</b> 222-226, 227-229 <i>Chapter 9 Assessment</i> 238 <i>Connect to Math</i> 223 <i>Figure 9.1</i> 224-225 <i>Health Online</i> 224 <i>Health Quiz</i> 221 <i>Lesson 1 Review</i> 226 <i>Lesson 2 Review</i> 229 <i>Media Watch</i> 228 <i>Quick Write</i> 222</p> <p><b>Teacher Wraparound Edition:</b> AL 224; CM 223; CP 228; HO 224; MW 228; QW 222; RS 224; U 225; WTWK 225</p>
3.0 Personal and Consumer Health - Students will demonstrate the ability to use consumer knowledge, skills, and strategies to develop sound personal health practices involving the use of health care products, services, and community resources.	
A. Personal and Consumer Health	
1. Demonstrate the ability to locate resources from your new school's community that provide valid health information concerning consumer health issues and services.	<p><b>Student Edition:</b> 165, 167 <i>Health Skills Activity</i> 14 <i>Lesson 2 Review</i> 229 #6</p> <p><b>Teacher Wraparound Edition:</b> HSA 14; HSC 133, 306, 313, 316; PCSH 100, 207, 302</p>
2. Demonstrate the ability to identify and practice health enhancing behaviors and reduce health risks to live safer, healthier lives.	<p><b>Student Edition:</b> <i>Building Health Skills</i> 54-55, 194-195 <i>Health Skills Activity</i> 122, 130, 183, 209, 299</p> <p><b>Teacher Wraparound Edition:</b> BHS 54-55, 194-195; HSA 122, 130, 183, 208, 298; PCSH 103</p>

STANDARDS	PAGE REFERENCES
4.0 Family Life and Human Sexuality – Students will demonstrate the ability to use human development knowledge, social skills, and health enhancing strategies to promote positive relationships and health growth and development throughout the life cycle.	
A. Family Life and Human Sexuality	
<b>3. Apply knowledge about puberty to the reproductive process.</b>	<b>Student Edition:</b> 206-209 <i>Health Skills Activity</i> 209 <b>Teacher Wraparound Edition:</b> HSA 208; RS 207, 208
5.0 Safety and Injury Prevention - Students will demonstrate the ability to apply prevention and intervention knowledge, skills, and processes to promote safe living in the home, school, and community.	
A Safety and Injury Prevention	
<b>1. Demonstrate the ability to respond appropriately to situations requiring emergency services.</b>	<b>Student Edition:</b> 312-317 <i>Figure 12.5</i> 313 <i>Figure 12.7</i> 315 <i>Lesson 5 Review</i> 317 <b>Teacher Wraparound Edition:</b> AL 313, 315, 316; RS 313, 314, 315
<b>2. Identify safety rules that prevent injury or accidents.</b>	<b>Student Edition:</b> 296-299, 300-304, 305-307 <i>Developing Good Character</i> 301 <i>Figure 12.3</i> 306 <i>Health Inventory</i> 295 <i>Health Skills Activity</i> 299, 302 <i>Quick Write</i> 296, 300, 305 <b>Teacher Wraparound Edition:</b> AL 301; APK 305; DGC 301; HI 295; HSA 298, 302; QW 296, 300, 305; RS 303, 306; WTWK 298; UA 302
<b>3. Recognize various forms of harassment and intimidating behaviors.</b>	<b>Student Edition:</b> 77, 84-85 <i>Time Health News</i> 88 <b>Teacher Wraparound Edition:</b> A 88; TB 60C; THN 88; UA 84

STANDARDS	PAGE REFERENCES
6.0 Nutrition and Fitness - Students will demonstrate the ability to use nutrition and fitness knowledge, skills, and strategies to promote a healthy lifestyle.	
A. Nutrition and Fitness	
1. Identify and define functions of nutrients.	<p><b>Student Edition:</b>  94-97  <i>Chapter 4 Reading Review</i> 115  <i>Figure 4.1</i> 96  <i>Health Skills Activity</i> 104, 183  <i>Lesson 1 Review</i> 97</p> <p><b>Teacher Wraparound Edition:</b>  HSA 104, 183; HSP 96; RS 96</p>
2. Explain the relationship among food intake, physical activity, and weight management.	<p><b>Student Edition:</b>  100, 105, 108-109  <i>Building Health Skills</i> 112-113  <i>Chapter 4 Reading Review</i> 115</p> <p><b>Teacher Wraparound Edition:</b>  BHS 112-113; DOP 118C; PCSH 103; QW 108; WTWK 109</p>
3. Describe various factors that influence body image.	<p><b>Student Edition:</b>  109-110  <i>Developing Good Character</i> 109  <i>Lesson 4 Review</i> 11 #3</p> <p><b>Teacher Wraparound Edition:</b>  CT 109; DGC 109</p>
4. Apply the Dietary Guidelines for Americans in meal planning.	<p><b>Student Edition:</b>  98-101, 103-107  <i>Chapter 4 Reading Review</i> 115  <i>Figure 4.3</i> 99  <i>Hands-on Health</i> 114  <i>Health Online</i> 100  <i>Health Skills Activity</i> 104  <i>Lesson 2 Review</i> 101  <i>Quick Write</i> 98</p> <p><b>Teacher Wraparound Edition:</b>  CP 104; CT 100; HH 114; HSA 104; HSP 100; PCSH 100; QW 98; TH 99; UA 106; WS 100</p>
5. Investigate the Physical Activity Pyramid.	<p>The following references address the benefits of physical activity as well as a measure of personal fitness and can be used to help meet this standard.</p> <p><b>Student Edition:</b>  120-125</p>

STANDARDS	PAGE REFERENCES
<p><b>9. Discuss ways to prevent food borne illness.</b></p>	<p><b>Student Edition:</b> 105 <i>Figure 4.4</i> 105 <b>Teacher Wraparound Edition:</b> AL 105; RS 105</p>
<p><b>10. Identify and describe the components of body composition.</b></p>	<p><b>Student Edition:</b> 176-180, 181-184, 185-187, 188-193 <i>Chapter 7 Assessment</i> 198 <i>Chapter 7 Reading Review</i> 197 <b>Teacher Wraparound Edition:</b> AL 182; PABABS 174C; RS 177, 178, 179, 182, 189</p>
<p>7.0 Disease Prevention and Control - Students will demonstrate the ability to apply prevention and treatment knowledge, skills, and strategies to reduce susceptibility and manage disease.</p> <p>A. Disease Prevention and Control</p>	
<p><b>7. Evaluate media messages (example “flu epidemic”).</b></p>	<p><b>Student Edition:</b> 10, 155 <i>Health Skills Activity</i> 157 <i>Media Watch</i> 63, 228 <b>Teacher Wraparound Edition:</b> CP 228; HSA 157; HSP 10; MW 63, 228; TT 168</p>
<p><b>8. Demonstrate an increased knowledge regarding the dangers of excessive exposure to the sun and methods of protection.</b></p>	<p><b>Student Edition:</b> <i>Lesson 1 Review</i> 150 #2 <b>Teacher Wraparound Edition:</b> HSP 147; WTWK 147, 284</p>
<p><b>9. Demonstrate an increased knowledge of the harmful effects of tobacco as it relates to disease.</b></p>	<p><b>Student Edition:</b> <i>Building Health Skills</i> 234-235 <i>Connect to Math</i> 223 <i>Developing Good Character</i> 231 <i>Health Online</i> 224 <i>Health Skills Activity</i> 232 <i>Lesson 1 Review</i> 226 #6 <i>Media Watch</i> 228 <i>Time Health News</i> 236 <b>Teacher Wraparound Edition:</b> AL 223, 224; APK 227; BHS 234-235; DGC 231; HO 224; HSA 232; MW 228; THN 236</p>