

## **GRADE 6 HEALTH**

1 hour per week, all year

### **QUARTER 1**

- Components of Health
- Positive health practices, (good personal hygiene)
- Benefits of healthy eating for active living.
- Eating Disorders, Anorexia and Bulimia
- How peer relationships affect health. (eg. name calling, prejudice, exclusiveness, discrimination)

### **QUARTER 2**

- Puberty: mental, emotional and physical aspects (physical handled in male/female groups with nurse in attendance.
- Alcohol and the teenager, effects of short and long term use.
- Tobacco and the teenager, effects of short and long term use.
- Abuse of prescription and over the counter drugs.
- Identification of some illegal drugs and discussion on their effects.

### **QUARTER 3**

- Infectious and contagious Diseases
- Healthy habits to practice on school overnight/ outdoor trip.
- School conflicts, and how to resolve them.
- Family conflicts, and how to be a part of the solutions.

### **QUARTER 4**

- Verbal, emotional and mental abuse in school and in the family.
- Abuse and neglect of the elderly.
- Safety in the home.
- Accidents outside the home and how to be safe.
- Risk taking - positive and negative.