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NORTHWEST TERRITORIES

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# *School Health Program*

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**GRADE 6**

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Education, Culture and Employment  
Health and Social Services

**August, 1995**

## MENTAL AND EMOTIONAL WELL BEING

### GRADE 6

LESSON NO.	THEME	CONCEPT	OBJECTIVES
			Students will be able to:
1	RELATIONSHIPS	Friends share a responsibility for maintaining the relationship	i) describe mutual responsibilities involved in maintaining a friendship
2	RELATIONSHIPS	People share a responsibility for helping each other	i) identify roles of volunteers in the community ii) identify the importance of volunteers iii) investigate ways they can become involved as volunteers
3	RELATIONSHIPS	Discrimination may affect relationships	i) describe discrimination ii) describe how discrimination affects people iii) describe how people learn to discriminate
4	DECISION-MAKING	Responsible decisions come from a developed value system	i) identify what is important to them
5	DECISION-MAKING	Effective decision-making uses a systematic process	i) describe the steps in the decision-making process ii) demonstrate the steps in the decision-making process
6	DECISION-MAKING	Effective decision-making can be both an individual and a group process	i) describe how group decisions are made ii) identify situations in which groups might be involved in decision-making iii) demonstrate making a group decision
7	COPING	Time management helps control stress	i) identify situations which require time management ii) demonstrate time management
8	LIFE STYLE	Self-knowledge is the first step to self improvement	i) assess personal characteristics related to mental and emotional well-being ii) design a plan for self improvement iii) evaluate the plan for self improvement

## GROWTH AND DEVELOPMENT

### GRADE 6

LESSON NO.	THEME	CONCEPT	OBJECTIVES
			Students will be able to:
1	BODY SYSTEMS	The excretory system removes harmful materials from the body	i) name and locate the main parts of the excretory system
2	BODY SYSTEMS	The excretory system removes harmful materials from the body	i) describe the functions of the excretory system ii) state the importance of the excretory system
3	BODY SYSTEMS	The excretory system removes harmful materials from the body	i) name problem conditions related to the excretory system ii) describe ways to care for the excretory system
4	BODY SYSTEMS	The nervous system connects all body systems	i) name and locate the main parts of the nervous system
5	BODY SYSTEMS	The nervous system connects all body systems	i) identify the main parts of the brain ii) describe the functions of the nervous system iii) state the importance of the nervous system
6	BODY SYSTEMS	The nervous system connects all body systems	i) name common problem conditions related to the nervous system describe ways to care for the nervous system
7	DISEASE PREVENTION	There are many ways the body protects itself from disease	i) identify ways in which diseases are transmitted ii) name the routes of germ entry into the body iii) identify the body's three lines of defence that protect against disease
8	DISEASE PREVENTION	The serious communicable disease AIDS can be prevented	i) identify the cause, nature and seriousness of AIDS ii) describe how the disease AIDS is transmitted iii) identify ways to prevent the spread of AIDS

## FAMILY LIFE

### GRADE 6

LESSON NO.	THEME	CONCEPT	OBJECTIVES
			Students will be able to:
1	FAMILIES	As children grow, their responsibilities and relationships within the family change	i) identify their responsibilities within the family ii) describe how responsibilities change with age iii) describe how relationships with other family members change with age
2	FAMILIES	Elders have an important role in families	i) identify the importance of elders in the family
3	HUMAN DEVELOPMENT AND REPRODUCTION	The endocrine system regulates and controls a variety of body activities	i) name and locate the main parts of the endocrine system
4	HUMAN DEVELOPMENT AND REPRODUCTION	The endocrine system regulates and controls a variety of body activities	i) identify the functions of the major endocrine glands
5	HUMAN DEVELOPMENT AND REPRODUCTION	The endocrine system regulates and controls a variety of body activities	i) describe the changes in males and females at puberty as they relate to the endocrine system
6	HUMAN DEVELOPMENT AND REPRODUCTION	Menstruation is a natural occurrence in females	i) describe the process of menstruation as it relates to reproduction ii) identify some menstrual discomforts and ways to relieve them
7	HUMAN DEVELOPMENT AND REPRODUCTION	Human life is formed by the union of an egg and sperm	i) describe the processes involved in the development of new life ii) describe the stages of fetal development
8	ABUSE PREVENTION	No one has the right to sexually abuse a child	i) describe sexual abuse ii) identify responsible behaviours which help prevent abuse
9	ABUSE PREVENTION	No one has the right to sexually abuse a child	i) recognize supportive people ii) identify family and community members who will provide support

# NUTRITION

## GRADE 6

LESSON NO.	THEME	CONCEPT	OBJECTIVES
			Students will be able to:
1	FOOD CLASSIFICATION	Foods are classified into four food groups on the basis of nutrient content	i) identify the leader nutrients in each of the four food groups and their functions ii) list foods that are rich in the leader nutrients in each food group
2	FOOD SELECTION	Eating the recommended daily servings from each food group will ensure a balanced diet	i) describe what is meant by a balanced food intake in one day ii) identify the recommended daily number of servings from the four food groups
3	FOOD SELECTION	Eating the recommended daily servings from each food group will ensure a balanced diet	i) identify and give examples of serving sizes of food within each of the food groups ii) explain the importance of the recommended daily servings for the four food groups
4	FOOD SELECTION	Eating the recommended daily servings from each food group will ensure a balanced diet	i) plan a balanced food intake for one day ii) analyze daily food intake for the recommended number of servings from the food groups
5	FOOD SELECTION	Labels on food products provide information to customers	i) identify information about foods from their labels ii) compare the nutrition information of similar foods from food labels iii) explain why it is important to read the information on food labels
6	LIFESTYLE	Positive nutrition lifestyle practices promote health	i) assess if their food intake for one day meets the recommended daily servings ii) design a personal nutrition program to promote health iii) evaluate the effectiveness of the program

## DENTAL HEALTH

### GRADE 6

LESSON NO.	THEME	CONCEPT	OBJECTIVES
			Students will be able to:
1	STRUCTURE AND FUNCTION	The structure of a tooth is related to its function	i) identify the structure and functions of a tooth ii) identify the four tooth groups and their functions
2	ORAL HYGIENE	Regular practice of effective oral hygiene skills promotes dental health	i) identify behaviours that promote healthy teeth for a lifetime ii) demonstrate effective oral hygiene skills that promote dental health
3	DENTAL DISEASE	Dental health problems among children and youth are treatable and preventable	i) name some common dental health problems of children and youth ii) define tooth decay, tooth decay process, gum disease and orthodontic problems iii) list some signals of dental health problems
4	DENTAL DISEASE	Dental health problems among children and youth are treatable and preventable	i) list some treatments for dental health problems of children and youth ii) list ways to prevent dental health problems
5	LIFESTYLE	The prevention of dental health problems is a personal responsibility	i) explain the importance of dental health to total well-being ii) assess personal dental health habits iii) design and follow a personal dental health program to promote health iv) evaluate the effectiveness of the program

## SAFETY AND FIRST AID

### GRADE 6

LESSON NO.	THEME	CONCEPT	OBJECTIVES
			Students will be able to:
1.	BABYSITTING	Babysitting is a serious responsibility that requires preparation	i) identify the responsibilities of a babysitter ii) identify some child care routines and play activities for different ages
2.	BABYSITTING	Babysitting is a serious responsibility that requires preparation	i) give examples of common childhood injuries ii) identify safety rules to prevent common childhood injuries iii) outline how to handle an emergency fire in the home while babysitting
3.	FIRST AID	Rescue breathing can save lives	i) list common causes of breathing difficulties ii) demonstrate how to assess breathing iii) demonstrate how to give assistance in a breathing emergency
4.	FIRST AID	Choking is a breathing emergency that can be prevented	i) list common causes of choking ii) outline safety rules to follow that prevent choking iii) demonstrate first aid for choking
5.	FIRST AID	Poisoning requires immediate first aid to minimize the injuries	i) describe common causes of poisoning ii) list the four questions to ask to determine the history of a poisoning emergency iii) demonstrate first aid for poisoning
6.	FIRST AID	Unconsciousness requires immediate first aid to restore the blood supply to the brain	i) list common causes of unconsciousness ii) describe the signs that may result in fainting iii) demonstrate first aid for fainting iv) demonstrate first aid for unconsciousness
7.	LIFESTYLE	Positive safety and first aid lifestyle practices save lives and minimize the effects of injuries	i) assess first aid for life-threatening situations ii) explain the importance of first aid iii) identify organizations and professionals who train and deliver safety and first aid programs iv) design a personal safety and first aid program v) evaluate the effectiveness of the program

## ALCOHOL AND OTHER DRUGS

### GRADE 6

LESSON NO.	THEME	CONCEPT	OBJECTIVES
1	DRUGS	EVERYONE IS RESPONSIBLE FOR THE DECISIONS HE/SHE MAKES REGARDING DRUG/ALCOHOL/TOBACCO/SOLVENT USE	i) explain that each person is responsible for his/her own decisions ii) examine their values in relation to drug, alcohol, tobacco and solvent usage
2	DRUGS	THERE ARE MANY MYTHS SURROUNDING DRUGS AND ALCOHOL	i) identify some of the myths related to drugs and alcohol use
3	ALCOHOL	THERE ARE DIFFERENT FACTORS WHICH DETERMINE THE EFFECT ALCOHOL HAS ON A PERSON	i) identify the different factors which determine the effect alcohol has on a person
4	ALCOHOL	YOUNG PEOPLE ARE AFFECTED BY ALCOHOL IN DIFFERENT WAYS FROM ADULTS	i) identify the effects of alcohol on young people
5	DRUGS	THERE ARE MANY FACTORS WHICH INFLUENCE OUR DECISIONS ABOUT THE USE OF DRUGS (INCLUDING ALCOHOL, TOBACCO AND SOLVENTS)	i) identify factors which influence our decisions about the use of drugs
6	DRUGS	PEER PRESSURE IS ONE FACTOR WHICH CAN INFLUENCE OUR DECISIONS ABOUT THE USE OF DRUGS (INCLUDING ALCOHOL, TOBACCO AND SOLVENTS)	i) explain how peer pressure influences decisions ii) apply the decision-making process to peer pressure situations
7	DRUGS	ADVERTISING IS ONE FACTOR WHICH CAN INFLUENCE OUR DECISIONS ABOUT THE USE OF DRUGS (INCLUDING ALCOHOL AND TOBACCO)	i) identify the main reasons for advertising ii) look critically at advertisements
8	SOLVENTS	THERE ARE FOUR MAIN FACTORS WHICH CAN INFLUENCE OUR DECISIONS ABOUT THE USE OF SOLVENTS	i) identify factors which influence decisions on the use of solvents

## **ALCOHOL AND OTHER DRUGS**

### GRADE 6

LESSON NO.	THEME	CONCEPT	OBJECTIVES
9	WELL-BEING	THERE ARE MANY WAYS TO FEEL GOOD WITHOUT USING,DRUGS	i) identify individual activities which make them feel good ii) identify leisure time activities in the community
10	WELL-BEING	CERTAIN BEHAVIOURS IMPROVE OUR WELL-BEING	i) identify ways in which they can change their behaviour to improve their own well-being