

6th Grade

- Stress Management
 - What are things that are stressors in your life? What are healthy and unhealthy ways to handle stress?
 - What are good ways to solve conflicts?
 - How do the eight dimensions of health help identify stressors?
- Nutrition
 - What kind of information can you find on a nutrition label?
 - What are the five main food groups and how much should be on your plate daily?
 - What are healthy switches you can make to your current diet?
- Alcohol, Tobacco, and Other Drugs
 - What are refusal skills you can utilize if you are offered substances that are unhealthy?
 - Why do vaping companies use marketing tactics targeted at young people?
 - What are some of the impacts of substance use?

7th Grade

- Why does the body mature over time?
- How are Healthy Choices made? Why is it important to make an informed choice?
- What is peer pressure and why is it important to identify it? Is peer pressure good or bad?
- What is consent? When are situations in which you need to ask for consent? How do you give consent?
- What does healthy communication look like?
- What are the consequences of engaging in sexual behaviors?
 - Sexting, age of consent, violence, STIs, pregnancy, and emotional side effects

Topics Covered in Class:

The Body and How It Matures	<ul style="list-style-type: none"> - Endocrine System <ul style="list-style-type: none"> - Emotional changes - Anatomy <ul style="list-style-type: none"> - Reproductive - Intellectually
Decision Making	<ul style="list-style-type: none"> - Healthy choices (how to determine) <ul style="list-style-type: none"> - Substances - Friendships <ul style="list-style-type: none"> - Bullying - Goal setting (long term/short term) - Influences (media) <ul style="list-style-type: none"> - Peer Pressure (emotions, thinking, and behaviors) - Effects on decision-making
Communication	<ul style="list-style-type: none"> - Healthy communication - Consent - Who to communicate with

	<ul style="list-style-type: none">- Trusted adults- Resources
Sex Ed	<ul style="list-style-type: none">- <u>Legal Repercussions (Children)</u><ul style="list-style-type: none">- <u>Sexting</u>- <u>Age of consent</u>- <u>Sex Offender Registry (what that means)</u>- Side effects of sex<ul style="list-style-type: none">- STI (prevention)- Pregnancy (Prevention)- Emotional- Resources<ul style="list-style-type: none">- Trusted adults- For victims of sexual violence- Family Planning<ul style="list-style-type: none">- Finance, parenting, marriage