



## Newburyport Health Curriculum Framework Guide - Grades 6-8

### Focus Areas

In Grades 6-8 the focus on student learning in Health is on the following areas:

1. Physical Health
2. Social & Emotional Health
3. Safety & Prevention
4. Personal & Community Health

### Guiding Principles for Grades 6-8 Health

#### Influences on Healthy Behaviors

Influences on health practices and behaviors of adolescents

Risk behaviors that increase unhealthy behaviors

Health policies that influence health promotion and disease prevention

#### Enhancing Health and Reducing Health Risks

Characteristics and resources of valid health information, products, and services

Situations that may require professional health services

Effective verbal and nonverbal communication skills to enhance health

Refusal and negotiation skills that avoid or reduce health risks

Strategies to manage or resolve conflict

Asking for assistance to enhance the health of self or others

#### Decision-making Skills to Enhance Health

Health-related decision making skills

Healthy and unhealthy alternatives to health-related issues or problems

Choosing healthy options and outcomes

Assuming responsibility for personal health decisions

#### Goal-setting Skills to Enhance Health

Assessing personal health practices

Setting personal health goals and tracking progress

How personal health goals can vary with changing abilities, priorities, and responsibilities

#### Strategies and Skills to Enhance Health and Reduce Health Risks

Importance of responsibility for personal health behaviors

Healthy practices and behaviors to maintain or improve the health of self and others

Behaviors to avoid or reduce health risks

#### Advocate for Personal, Family and Community Health

Support for health enhancing positions

How to influence and support others to make positive health choices

Advocating for healthy individuals, families, and schools

Health messages and communication techniques