

**North Carolina Essential Standards
Health Education- Grades 6 – 8**

Note on Numbering: **MEH**-Mental and Emotional Health, **PCH**-Personal and Consumer Health, **ICR**-Interpersonal Communications and Relationships, **NPA**-Nutrition and Physical Activity, **ATOD**-Alcohol, Tobacco, and Other Drugs

MENTAL AND EMOTIONAL HEALTH

Essential Standard		Clarifying Objectives	
6.MEH.1	Apply structured thinking (decision making and goal setting) to benefit emotional well-being.	6.MEH.1.1	Implement a structured decision making model to enhance health behaviors.
		6.MEH.1.2	Execute a goal setting plan to enhance health behaviors.
6.MEH.2	Analyze the potential outcome of positive stress management techniques.	6.MEH.2.1	Organize common responses to stressors based on the degree to which they are positive or negative and their likely health outcomes.
		6.MEH.2.2	Differentiate between positive and negative stress management strategies.
6.MEH.3	Analyze the relationship between healthy expression of emotions, mental health, and healthy behavior.	6.MEH.3.1	Interpret failure in terms of its potential for learning and growth.
		6.MEH.3.2	Analyze the relationship between health-enhancing behaviors (communication, goal-setting and decision making) and the ability to cope with failure.

PERSONAL AND CONSUMER HEALTH

	Essential Standard	Clarifying Objectives	
6.PCH.1	Understand wellness, disease prevention, and recognition of symptoms.	6.PCH.1.1	Explain the increase of incidence of disease and mortality over the last decades.
		6.PCH.1.2	Differentiate between communicable and chronic diseases.
		6.PCH.1.3	Recall symptoms associated with common communicable and chronic diseases.
		6.PCH.1.4	Select methods of prevention based on the modes of transmission of communicable diseases.
		6.PCH.1.5	Explain methods of protecting eyes and vision.
		6.PCH.1.6	Summarize protective measures for ears and hearing.
		6.PCH.1.7	Summarize the triggers and symptoms for asthma and strategies for controlling asthma.
6.PCH.2	Analyze health information and products.	6.PCH.2.1	Analyze claims for health products and services.
		6.PCH.2.2	Evaluate the validity of claims made in advertisements for health products and services.
6.PCH.3	Analyze measures necessary to protect the environment.	6.PCH.3.1	Differentiate between individual behaviors that can harm or help the environment.
		6.PCH.3.2	Implement plans to work collaboratively to improve the environment.

INTERPERSONAL COMMUNICATION AND RELATIONSHIPS

	Essential Standard	Clarifying Objectives	
6.ICR.1	Understand healthy and effective interpersonal communication and relationships.	6.ICR.1.1	Classify behaviors as either productive or counterproductive to group functioning.
		6.ICR.1.2	Implement verbal and non-verbal communication skills that are effective for a variety of purposes and audiences.
		6.ICR.1.3	Use strategies to communicate care, consideration, and respect for others.
6.ICR.2	Apply strategies and skills for developing and maintaining healthy relationships.	6.ICR.2.1	Explain the impact of early sexual activity outside of marriage on physical, mental, emotional, and social health.
		6.ICR.2.2	Summarize the responsibilities of parenthood.
		6.ICR.2.3	Use effective refusal skills to avoid negative peer pressure, sexual behaviors, and sexual harassment.
		6.ICR.2.4	Use resources in the family, school, and community to report sexual harassment and bullying.
		6.ICR.2.5	Summarize strategies for predicting and avoiding conflict.
		6.ICR.2.6	Design nonviolent solutions to conflicts based on an understanding of the perspectives of those involved in the conflicts.
		6.ICR.2.7	Explain the signs of an abusive relationship and access resources for help.
6.ICR.3	Understand the changes that occur during puberty and adolescence.	6.ICR.3.1	Identify the challenges associated with the transitions in social relationships that take place during puberty and adolescence.
		6.ICR.3.2	Summarize the relationship between conception and the menstrual cycle.

NUTRITION AND PHYSICAL ACTIVITY

	Essential Standard	Clarifying Objectives	
6.NPA.1	Analyze tools such as Dietary Guidelines and Food Facts Label as they relate to the planning of healthy nutrition and fitness.	6.NPA.1.1	Attribute the prevention of nutrition-related diseases to following the Dietary Guidelines for Americans.
		6.NPA.1.2	Evaluate Food Facts label with the advertisement of nutrition choices and allowable claims on food labels.
		6.NPA.1.3	Apply MyPlate meal-planning guides to ethnic and vegetarian choices.
6.NPA.2	Apply strategies to consume a variety of nutrient dense foods and beverages in moderation.	6.NPA.2.1	Compare weight management strategies for healthy eating patterns, including attention to portion and serving sizes.
		6.NPA.2.2	Differentiate the health effects of beverages which are nutrient dense with those high in sugar and calories.
		6.NPA.2.3	Implement a plan to consume adequate amounts of foods high in fiber.
6.NPA.3	Apply lifelong nutrition and health-related fitness concepts to enhance quality of life.	6.NPA.3.1	Explain the relationships between food consumption, physical activity, and healthy weight management.
		6.NPA.3.2	Implement a personal wellness plan in nutrition and fitness to enhance quality of life.

ALCOHOL, TOBACCO, AND OTHER DRUGS

	Essential Standard	Clarifying Objectives	
6.ATOD.1	Analyze influences that the use alcohol, tobacco, and other drugs.	6.ATOD.1.1	Analyze the marketing and advertising of alcohol and tobacco companies in terms of the strategies they use to influence youth experimentation with their products.
		6.ATOD.1.2	Illustrate the effects of alcohol and other drugs on behavior, judgment, family relationships, and long-term success.
6.ATOD.2	Understand the health risks associated with alcohol, tobacco, and other drug use.	6.ATOD.2.1	Explain the immediate social and physical consequences of tobacco use, including spit tobacco.
		6.ATOD.2.2	Summarize the short-term and long-term effects of being exposed to secondhand smoke.
6.ATOD.3	Apply risk reduction behaviors to protect self and others from alcohol, tobacco, and other drug use.	6.ATOD.3.1	Use effective assertive refusal skills to avoid pressure to use alcohol and other drugs.
		6.ATOD.3.2	Summarize the short-term and long-term benefits of resistance to drug abuse.