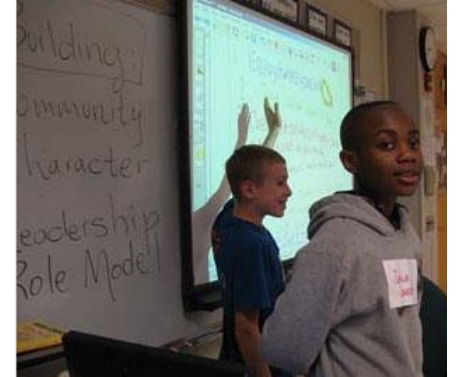




# Bedford Public Schools

## Grade 6 – Life Skills

This course focuses on health education topics centering on physical, social, and emotional development of the student. It provides opportunities for students to learn important decision-making skills related to their social experiences. Topics covered this year include family life, Internet safety, bullying/conflict resolution, tobacco, alcohol, nutrition, and refusal skills. This course is graded as a pass-fail to help students ease into the role of being a middle school student.



### Learning Expectations

[Family](#)

[Conflict](#)

[Tobacco](#)

[Alcohol Prevention](#)

[Nutrition](#)

[Internet Safety](#)

**Family**

<b>Enduring Understandings</b> In order to meet the standards, the students will need to understand that . . .	<b>Essential Questions</b> In order to understand, students will need to consider questions such as . . .	<b>Knowledge and Skills</b> Learning this material will require students to . . .
<ul style="list-style-type: none"><li>• The connection between physical, emotional, and social health.</li><li>• Importance of family.</li><li>• Families can look different than mom, dad, and child.</li></ul>	<ul style="list-style-type: none"><li>• During adolescence, what puts a strain on family relationships?</li><li>• How does your family influence and impact who you are?</li><li>• How do your peers influence and impact who you are?</li></ul>	<ul style="list-style-type: none"><li>• Understand and appreciate the role of their family.</li><li>• Understand that there are different types of families that exist.</li></ul>

### Conflict

<b>Enduring Understandings</b> In order to meet the standards, the students will need to understand that . . .	<b>Essential Questions</b> In order to understand, students will need to consider questions such as . . .	<b>Knowledge and Skills</b> Learning this material will require students to . . .
<ul style="list-style-type: none"> <li>Students will understand how to de-escalate a conflict situation.</li> <li>Students will know their resources, to find help, when being bullied/harassed.</li> <li>Students will learn how to express their feelings through communication and learn problem-solving techniques to resolve conflict.</li> </ul>	<ul style="list-style-type: none"> <li>What impact positive or negative do bystanders have on a bullying situation?</li> <li>How can demonstrating effective communication and negotiation resolve potentially violent conflicts?</li> <li>How does the school's attitude towards bullying effect the school community as a whole?</li> <li>Why is being calm important when facing conflict?</li> </ul>	<ul style="list-style-type: none"> <li>Be able to identify the roles of aggressor, victim, and bystander.</li> <li>Understand that how you respond to bullying behavior affects future bullying situations.</li> <li>Understand why bystanders/ bullies behave the way they do.</li> <li>Have strategies about how to handle bullying behavior.</li> </ul>

**Tobacco**

<b>Enduring Understandings</b> In order to meet the standards, the students will need to understand that . . .	<b>Essential Questions</b> In order to understand, students will need to consider questions such as . . .	<b>Knowledge and Skills</b> Learning this material will require students to . . .
<ul style="list-style-type: none"><li>• Students will know the health risks of smoking and smokeless tobacco on the body.</li><li>• How the process of addiction happens.</li></ul>	<ul style="list-style-type: none"><li>• If tobacco is so bad for you then why is it legal and why do people still use it?</li><li>• Besides your health how can tobacco negatively affect your life?</li><li>• Is smokeless tobacco a safer alternative to smoking?</li></ul>	<ul style="list-style-type: none"><li>• Understand the dangerous physical effects of tobacco on the body.</li><li>• Utilize refusal techniques when faced with the decision to use tobacco.</li></ul>

### Alcohol Prevention

<b>Enduring Understandings</b> In order to meet the standards, the students will need to understand that . . .	<b>Essential Questions</b> In order to understand, students will need to consider questions such as . . .	<b>Knowledge and Skills</b> Learning this material will require students to . . .
<ul style="list-style-type: none"> <li>• Students will understand the physical effects of alcohol on the body.</li> <li>• Students will understand how alcohol affects the brain.</li> <li>• Will have an awareness of BAC and the legal issues surrounding drinking and driving.</li> </ul>	<ul style="list-style-type: none"> <li>• Why do people drink alcohol?</li> <li>• How does alcohol use affect society?</li> <li>• All alcohol advertisements state “Please drink responsibly” what does this mean to you?</li> </ul>	<ul style="list-style-type: none"> <li>• To understand the concept of BAC (blood alcohol level) and how to determine one’s BAC.</li> <li>• Understand the alcohol content in various alcoholic beverages.</li> <li>• Understand how alcohol affects the body.</li> <li>• Understand how the liver breaks down alcohol.</li> </ul>

### Nutrition

<b>Enduring Understandings</b> In order to meet the standards, the students will need to understand that . . .	<b>Essential Questions</b> In order to understand, students will need to consider questions such as . . .	<b>Knowledge and Skills</b> Learning this material will require students to . . .
<ul style="list-style-type: none"> <li>• Daily guides for healthy eating and exercise are essential for wellness.</li> <li>• Monitoring serving size can help maintain a healthy weight.</li> <li>• Reading food labels makes for an informed consumer.</li> </ul>	<ul style="list-style-type: none"> <li>• Why use a plate, instead of a pyramid, to demonstrate healthy eating?</li> <li>• What does a serving of food look like?</li> <li>• Why aren't there labels on produce?</li> <li>• Why do most of us know someone who has diabetes?</li> </ul>	<ul style="list-style-type: none"> <li>• Learn how making good food choices will benefit their overall health.</li> <li>• Be aware of serving size and eating a variety of foods recommended by Choosemyplate.gov.</li> </ul>

**Internet Safety**

<b>Enduring Understandings</b> In order to meet the standards, the students will need to understand that . . .	<b>Essential Questions</b> In order to understand, students will need to consider questions such as . . .	<b>Knowledge and Skills</b> Learning this material will require students to . . .
<ul style="list-style-type: none"><li>• Students will recognize all potential dangers when using the internet.</li><li>• Students will be aware of the use of IP addresses to locate specific computers/hand held devices.</li></ul>	<ul style="list-style-type: none"><li>• In what ways can giving out your personal information, over the Internet, make you vulnerable?</li><li>• Why are you NEVER totally safe when using the Internet?</li></ul>	<ul style="list-style-type: none"><li>• Understand why not to give out personal information on the internet.</li><li>• Be more aware of the potential for false identity of individuals they may be communicating with.</li><li>• Know the importance of communicating with their parents before they sign up for a “special offer” or download something on the internet.</li></ul>