

**DOBBS FERRY MIDDLE SCHOOL**  
Dobbs Ferry, New York 10522

**COURSE OUTLINE**

**SUBJECT: Health**

**Grade: 6**

This course is flexible in sequence and content and is designed to meet the varied needs of student relationships to their environment and community. The goals are to give accurate health knowledge, help develop positive attitudes, and maintain or initiate constructive behavior.

Students will take Health in 6<sup>th</sup> grade for one semester every other day.

**Topics for 6<sup>th</sup> grade Health:**

*Mental Health*

- self-image and self-esteem
- Decision-making
- Communication skills
- Stress and stress management
- Ego Book Project

*Tobacco, Alcohol, and Other Drugs*

**6<sup>th</sup> grade Student Outcomes:**

*Students will be able to*

- Use decision-making skills.
- Understand the different communication styles and when to use them.
- Recognize what causes stress and how it affects the body.
- Learn techniques to help manage stress.
- Understand the difference between over-the-counter and prescription drugs.
- Understand short-term and long-term effects of drug use.
- Recognize the risk factors associated with drug misuse and abuse.
- Where to seek help for personal or family drug misuse or abuse.
- Remain safe and drug free.
- Use resistance skills when pressured to use drugs.

**Criteria for Assessment:**

- Tests and quizzes
- Class participation and behavior
- Student performance
- Classwork
- Projects

*This outline was developed by Rebecca Wing*

*February 2025*