

LINCOLN PUBLIC SCHOOLS
Wellness Learning Expectations: Grades 6-8

**Strand:
Safety and
Disease
Prevention**

**Mass Standard 8:
Disease
Prevention and
Controls**

Students will learn the signs, symptoms, and treatment of chronic and communicable diseases, and will gain skills related to health promotion, disease prevention and health maintenance.

Big Ideas:

- ❑ Cleanliness is essential to one's personal wellbeing and to the health of others.
 - ❑ People who are ill or disabled deserve understanding and empathy.
 - ❑ Overexposure to the sun can have a direct relationship to skin cancer.
 - ❑ Early detection/diagnosis of diseases will help prevent the spread of the disease and increase its cure rate.
 - ❑ Appropriate rest promotes physical and emotional health.
-

Key Outcomes:

- ❑ Grade 6: Students will demonstrate an understanding of **the importance of personal hygiene in disease prevention and social interactions** by describing ways to keep clean.
- ❑ Grade 6: Students will demonstrate an understanding of **empathy towards disabled or ill people in their school, family, or community** by taking on the perspective of a disabled person and advocating for what he or she needs.
- ❑ Grade 7: Students will demonstrate an understanding of **the risk of skin cancer** by describing the causes of skin cancer and identifying ways they can reduce their risk.
- ❑ Grade 6-8: Students will demonstrate an understanding of **the influence of rest on physical functioning** by describing the consequences of lack of appropriate rest.
- ❑ Grade 6-8: Students will demonstrate an understanding of **communicable diseases** by describing how diseases are spread and explaining measures of prevention.

LINCOLN PUBLIC SCHOOLS
Wellness Learning Expectations: Grades 6-8

**Strand:
Safety and
Disease
Prevention**

**Mass Standard 9:
Safety and Injury
Prevention**

Students will gain the knowledge and skills to administer first aid and carry out emergency procedures, including cardiopulmonary resuscitation, will avoid, recognize, and report verbal, physical and emotional abuse situations, and will assess the factors that contribute to intentional and unintentional injury, including motor vehicle accidents, fire safety, and weapons safety.

Big Ideas:

- ❑ Safety rules for recreational activities help prevent unwanted injuries.
 - ❑ Knowledge of first aid skills and responses can keep you safe and help you assist others.
-

Key Outcomes:

- ❑ Grade 6: Students will demonstrate an understanding of **the importance of personal and recreational safety rules** by listing these rules and describing why they help ensure safety.
- ❑ Grade 7 & 8: Students will demonstrate an understanding of **basic first aid responses** by describing what to do in a variety of emergencies.

LINCOLN PUBLIC SCHOOLS
Wellness Learning Expectations: Grades 6-8

Strand:
**Safety and Disease
Prevention**

**Mass Standard 10:
Tobacco, Alcohol,
and other
Substances**

Students will acquire the knowledge and skills to be competent in making health-enhancing decisions regarding the use of medications and avoidance of substances, and in communicating about substance use/abuse prevention for healthier homes, schools, and communities.

Big Ideas:

- ❑ Use of tobacco, alcohol and other substances can have harmful effects on the body and mind.
 - ❑ Peer, family and media pressure can influence one's decisions.
-

Key Outcomes:

- ❑ Grade 6: Students will demonstrate an understanding of **the harmful effects of tobacco** by listing ingredients in cigarettes and describing their effects on the body, including the potential for addiction.
- ❑ Grade 7: Students will demonstrate an understanding of **the effect advertising has on their decisions** by analyzing the different techniques the media uses to influence their behavior.
- ❑ Grade 7 & 8: Students will demonstrate an understanding of **the effects of alcohol, illegal and over-the-counter drugs** by listing substances in each category and describing the differences between them.
- ❑ Grade 8: Students will demonstrate an understanding of **external and internal pressures in adolescence** by examining different scenarios and discussing reactions in terms of pressures.
- ❑ Grade 8: Students will demonstrate an understanding of the **consequences of risky behaviors related to tobacco, alcohol, and other drugs** by identifying and explaining the social, physical, and psychological problems that result from these behaviors.

LINCOLN PUBLIC SCHOOLS
Wellness Learning Expectations: Grades 6-8

Strand:
**Safety and Disease
Prevention**

**Mass Standard 11:
Violence
Prevention**

Students will learn how their actions affect others, will understand the power that positive character traits can have in violence prevention, will gain skills to report incidents of violence and hurtful behavior to adults in the school and community, will avoid engaging in violence, and identify constructive alternatives to violence, including how to discourage others from engaging in violence.

Big Ideas:

- ❑ Violence encompasses different forms of negative behavior directed toward the body, feelings or possessions.
 - ❑ Conflict resolution skills help people solve problems.
 - ❑ Positive character traits have power in preventing violence.
-

Key Outcomes:

- ❑ Grades 6-8: Students will demonstrate an understanding of the **social and emotional consequences of harassment** by role playing and reflecting on responses.
- ❑ Grade 6-8: Students will demonstrate an understanding of **conflict resolution** by giving examples of effective communication and negotiation, and describing steps for resolving conflicts.
- ❑ Grade 6-8: Students will demonstrate an understanding of **the power an individual has in preventing conflict** by giving examples of how a person can be proactive in preventing bullying and harassment.