

Thurston Middle School
Grade 6 Health
Instructor: Kristina Wambolt

Health class at Thurston Middle School is truly ALL about the students! The goal of this program is to provide students with age appropriate knowledge and skills necessary to achieve personal wellness while supporting students to become the best person they can be. Students will learn the importance of having a well-balanced lifestyle in the following areas of personal wellness: Social, emotional, mental/intellectual, and physical. When students leave Thurston, they will have the tools they need to access health-related information and be able to lead a balanced and healthy lifestyle.

In class, student's questions are answered factually and in an age-appropriate manner. Each student's privacy is respected, and no student is put on the spot to ask or answer questions that reveal personal information.

One exciting program we have implemented into the curriculum is *Second Step*- a social competency curriculum that is taught as part of our guidance program and health classes. Second Step lessons tackle the underlying causes and overt behaviors of bullying. One important component of Second Step program is the home/school communication. From time to time there are family activities that students are asked to complete with their parents and or guardians.

Under Massachusetts's law and Westwood Public Schools School Committee policy, you may exempt your child from any portion of the curriculum that primarily involves sexual education or sexuality issues. To exempt your child, simply send me a letter requesting that your child be exempt from this portion of the curriculum.

If you have any questions or concerns regarding the units or content, please feel free to contact me at 781-326-7500 or email: kwambolt@westwood.k12.ma.us. For more in depth class information visit the website at https://sites.google.com/a/westwood.k12.ma.us/tms_health/

Unit I: Influences on Wellness

1. Wellness Wheel
 - a. Physical, mental, emotional, social health
2. Influences on Wellness
 - * Inside and outside influences
 - * Inside- values, emotions
 - * Outside- media influence, and norms
3. Web page evaluation (5 W'S)

Unit II: Decisions and Goals

1. Four characteristics of a good decision
 - a. Good consequences, supports your values, supports your goals and hurts nobody
2. Evaluating decisions
3. Decision making model
 - * ABCDE's of making a good decision
 - * Alcohol introduction/DARE review (Officer Brad Pindel- Westwood Police Department)
4. SMART Goals
 - * Specific, Measureable, Action oriented, Realistic, and Time frame

5. Refusal skills (STOP)
6. Challenges of using STOP
7. Presentation by Officer Brad Pindel, Westwood Police Department

Unit III: Career development

1. SMART Goals
 - Specific, Measureable, action, realistic and timely
 - Short term/long term goals
 - How to reach goals- success
 - Create personal goals
 - When I grow up project - Careers research and writing long-term goals

Unit IV. Digital Citizenship

1. Online safety kit
2. Digital footprint
3. Cyber bullying.
 - a. Refusal skills (STOP)
4. Social media
5. Review Web page evaluation (5 W's)
6. Long term project

Unit V. Changes that Occur During Puberty.

1. Mental changes during puberty
 - a. Sources of stress
 - b. How to deal with stress
2. Emotional changes during puberty
3. Social changes during puberty.
 - a. Bullying
 - b. Review STOP
4. Good hygiene

Unit VI: Substance Abuse

1. The different categories of substances
 - a. Alcohol intro (Officer Brad Pindel)
2. Short and long term consequences of substance abuse/use (brain development)
3. How substance abuse affects one's behavior
4. Review Refusal skills – S.T.O.P
 - b. Say no in a firm voice, tell them why not, offer other options, and promptly leave
5. Substance abuse awareness project
6. Officer Pindel's presentation