

Health Maintenance & Enhancement

School Counselors support the following:

- Analyze the importance of safety rules & procedures on a positive school climate
- Know what abstinence means and the significance of saying no
- Describe how personal health is enhanced by behaviors
- Understand when to ask an adult for help with body image issues
- Begin to recognize the signs of an eating disorder or unhealthy directing
- Understand sexual harassment is unwanted & uninvited sexual attention such as teasing, touching, or taunting, sexting and is against the law
- Recognize that sexual abuse happens, even though many people do not want to talk about it and is most often committed by someone that the child knows
- Understand that chatting and meeting people online can be unsafe
- Know that when people are sexually abused they can have many conflicting emotions
- Understand discrimination is illegal and has negative consequences for the individual, family, community, & society
- Demonstrate self-directed behavior without external rewards
- Understand how a child experiencing unwanted or uncomfortable touching, should tell a trusted adult
- Know that when people are sexually abused they can have many conflicting emotions
- Apply & assess conflict / mediation strategies to a variety of conflict situations
- Evaluate current assets (positive influences in one's life) & determine ways to enhance those qualities
- Recognize that life management skills (i.e., stress management, goal setting, decision making, assertive behavior, resisting peer pressure, & conflict resolution) can be applied to personal situations that adolescents encounter
- Demonstrate four appropriate ways to manage stress
- Describe and demonstrate positive stress management skills to reduce stress related problems

Functions & Interrelationships of Systems

School Counselors support the following:

- Understand that friends can influence each other both positively & negatively
- Investigate how values influence a person's most important decisions about friends, sexual relationships, family, education, work, & money
- Emphasize that no one has the right to impose their values on others
- Acknowledge that boys & girls get messages early in their life about how they are supposed to act, date, & sexual behaviors
- Acknowledge attitudes and values about proper behavior for men & women differ among families, cultures, & individuals
- Recognize that the way a person expresses gender does not necessarily have anything to do with whether that person is heterosexual, gay, lesbian, or bisexual
- Understand that laws protect young women & men's rights to participate equally in life
- Know that certain laws & rules protect women's & men's rights
- Recognize that acceptance of gender role stereotypes can limit a person's life
- Model healthy communication skills through exchange of information, questions, & ideas while recognizing the perspective of others
- Identify a variety of feelings & situations that may require adult assistance
- Respect the rights & feelings of others
- Demonstrate peaceful conflict resolution
- Understand that communication may be improved by: listening well; making eye contact; stating feelings; using messages that start with "I" to indicate that the person is speaking for him/herself; trying to understand the other person(s); offering possible solutions to problems; giving positive nonverbal messages such as a smile or touch; asking for clarification
- Compare and contrast signs and symptoms of mental illness
- Understand the consequences of untreated mental illness
- The first line and most effective treatment for serious mental illnesses like schizophrenia and bipolar disorder is medication, with some benefit coming from psychosocial therapeutic interventions. People who get plenty of exercise and lead highly healthy life styles can still have serious mental illness
- Understand asking questions to a parent, trusted adult, teacher, or counselor is usually a wise decision
- Evaluate ideas & perspectives regarding the influence that family, friends, & culture have on health choices & behaviors during adolescence

Grade 6 School Counselor Health and Wellness

- Describe how to constructively manage feelings caused by disappointment, stress, separation or loss
- Accepts & expresses feelings in a socially acceptable manner
- Identify resources available in school and community
- Understand alcohol & other drugs often interfere with clear, effective decision-making as it pertains to sexual behavior
- Identify the differences between healthy & unhealthy relationships

Risk Assessment & Reduction

School Counselors support the following:

- Discuss problems in daily living that may contribute to self-destructive behaviors & strategies to cope with these behaviors
- Describe the short & long-term effects of performance enhancing drugs
- Classify drugs based on their effect on the body (i.e., stimulant, depressant, hallucinogen, narcotic)
- Differentiate among various types of drugs & their effect upon the body including the following: how the drug enters the body; how the drug interacts with body chemistry
- Present different opinions & arguments about the effects of tobacco alcohol and other drugs on individuals, family, & society