

Monica Frender
mfrender@belmont.k12.ma.us
CMS Health Education

To view the Massachusetts Comprehensive Health Curriculum Framework go to:
<http://www.doe.mass.edu/frameworks/health/1999/1099.pdf>

6th grade:

Unit 1: Nutrition

- USDA My Plate
- Nutrients
- Energy Balance
- Food Labels and Serving Sizes
- Sugar-filled Beverages
- Fats

Unit 2: Growth and Development

- Interrelationship of the Body Systems
- Nervous System
- Respiratory System
- Circulatory System
- Immune System
- Digestive/Excretory Systems
- Muscular/Skeletal Systems
- Endocrine System
- Reproductive System

Unit 3: Reproduction/Sexuality

- Social changes during Puberty
- Emotional changes during Puberty
- Physical changes during Puberty
- Puberty and Hygiene

Unit 4: Interpersonal Relationships

- Friendship
- Peer Pressure
- Bullying
- Refusal Skills

7th grade:

Unit 1: Interpersonal Relationships

- Communication Skills
- Verbal and Non-Verbal Communication
- Attentive Listening
- Assertiveness Skills
- Goals

Unit 2: Mental Health

- Teamwork
- Decision-making
- Stress
- Depression
- Coping Skills
- Support System

8th grade:

Unit 1: Consumer Health and Resource Management

- Symbols and Product Information
- Advertising Techniques
- Beauty and Image in the Media
- Tobacco/Alcohol use in the Media

Unit 2: Tobacco, Alcohol, & Substance Use/Abuse Prevention

- Purpose of Medicine
- Alcohol
- Tobacco
- Marijuana and Other Drugs
- Addiction
- Refusal Skills

Unit 3: Reproduction/Sexuality

- Benefits of Abstinence
- Setting Limits
- Short and Long Term Consequences of Sexuality-related Risk Behaviors
- HIV/Aids
- Sexually Transmitted Infections