

SHAPE America NHES 2024 Alignment with PWY Grade 6

| 1.8.1 Analyze ways to build upon strengths and assets to support individual and collective health and well-being. 1.8.2 Analyze how practices and behaviors support a variety of dimensions of wellness. 6-1, 6-2, 6-3, 6-4, 6-5, 6-6, 6-7, 6-10, Add-On B, Add-On G, Add-On F, Add-On G, Add-On B, Add-On G, Add-On B, Ad | SHAPE Indicator | PWY Lessons - Grade 6 |
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| dimensions of wellness. 6-7, 6-10, Add-On B, Add-On C, Add-On F, Add-On G, Add-On G, Add-On G, Add-On G, Add-On G, Add-On G, Add-On B, Add-On H 1.8.3 Analyze behaviors that reduce or prevent illnesses and injuries. 6-1, 6-2, 6-10, Add-On B, Add-On G, Add-On B, Add-On B, Add-On B, Add-On B, Add-On G, Add-On B, Ad | | |
| 1.8.3 Analyze behaviors that reduce or prevent illnesses and injuries. 1.8.4 Analyze practices and behaviors that support health and behaviors. Add-On B, Add-On B, Add-On G, A | 1.8.2 Analyze how practices and behaviors support a variety of | 6-1, 6-2, 6-3, 6-4, 6-5, 6-6, |
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| 4.8.2 Apply active listening skills and strategies in a variety of interpersonal contexts. | 6-1, 6-3, 6-5, 6-6, 6-8, 6-9, Add-On F |
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| 4.8.3 Use various communication strategies to seek and offer support and assistance. | 6-1, 6-3, 6-5, 6-6, 6-8, Add-On F |
| 4.8.4 Demonstrate ways to communicate boundaries and consent for a variety of situations. | 6-4, 6-5, 6-6, 6-8, Add-On F |
| 4.8.5 Use refusal skills and strategies in a variety of situations. | 6-6, 6-8, Add-On F |
| 4.8.6 Use skills and strategies to prevent, manage, or resolve conflict. | 6-8, Add-On F |
| 4.8.7 Use collaboration skills in a variety of situations. | 6-4, 6-5, 6-6 |
| 4.8.8 Use negotiation skills in a variety of situations. | 6-4, 6-5, 6-6 |
| 4.8.9 Demonstrate strategies to communicate with others with different perspectives and values. | 6-4, 6-5, 6-6 |
| 4.8.10 Demonstrate ways to communicate empathy and compassion. | 6-1, 6-5, 6-6, 6-8, Add-On E, Add-On F |
| 5.8.1 Explain how the use of a decision-making process affects health and well-being. | 6–6, |
| 5.8.2 Determine when health-related situations require the application of a thoughtful decision-making process. | |
| 5.8.3 Use an individual, supported, or collaborative decision-making | |
| process to maintain or improve health and well-being. | 6–6, |
| 5.8.4 Evaluate how various options may affect health-related | |
| outcomes at individual, interpersonal, community, societal, and | 6–6, |
| environmental levels. | , |
| 5.8.5 Identify supports and barriers that affect decision making at | |
| individual, interpersonal, community, societal, and environmental | |
| levels. | |
| 5.8.6 Evaluate the results of a health-related decision on self and | |
| others. | |
| 6.8.1 Assess personal health and well-being to identify focus areas for goal-setting. | 6–10, |
| 6.8.2 Analyze when individual, supported, or collaborative goal-setting is appropriate. | |
| 6.8.3 Develop a goal and explain how it supports health and well-being. | 6–10, |
| 6.8.4 Develop a plan that addresses supports and barriers to attaining a | , |
| health-related goal. | |
| 6.8.5 Monitor progress to determine whether a health-related goal or | |
| plan should be maintained or adjusted. | |
| 6.8.6 Examine the goal-setting process and outcomes on health and | |
| well-being. | |
| 7.8.1 Examine supports and barriers to health-related practices and behaviors. | |
| 7.8.2 Analyze practices and behaviors that support personal and community health and well-being of self and others. | 6–10, |
| Some of Solid Controls. | |

| 7.8.3 Demonstrate practices and behaviors that support personal and | 6-1, 6-3, 6-4, 6-5, 6-6, 6-8, |
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| community health and well-being of self and others. | 6-9, 6-10, Add-On E, Add-On |
| | F, Add-on G |
| 8.8.1 Analyze opportunities to advocate for the health and well-being of | 6-6,6-10 |
| individuals, families, and communities. | 0-0, 0-10 |
| 8.8.2 Determine when individual or collaborative advocacy is | |
| appropriate to promote health and well-being. | |
| 8.8.3 Adapt advocacy skills and strategies for a variety of audiences | |
| and contexts. | |
| 8.8.4 Demonstrate advocacy skills and strategies to promote the | 6-6, 6-10 |
| health and well-being of self and others. | 0-0, 0-10 |
| 8.8.5 Evaluate the effectiveness of advocacy efforts for promoting | |
| health and well-being. | |