

SHAPE Indicator	PWY Lessons – 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 C, Add-On F, Add-On G, Add-On H
1.8.3 Analyze behaviors that reduce or prevent illnesses and injuries.	6-1, 6-2, 6-3, 6-4, 6-5, 6-6, 6-7, 6-10, Add-On B, Add-On C, Add-On F, Add-On G, Add-On H
1.8.4 Analyze practices and behaviors that support health and well-being, including how to manage health conditions.	6-6, 6-9, 6-10, Add-On F, Add-On G
1.8.5 Analyze connections between health literacy and health outcomes.	6-9,
1.8.6 Analyze how individual, interpersonal, community, and environmental factors impact health and well-being.	Add-On A, Add-On B, Add-On C, Add-On D
1.8.7 Explain how health care promotes personal health.	6-7, Add-On H
2.8.1 Analyze the interrelationships between various influences on health and well-being.	6-10,
2.8.2 Analyze individual, interpersonal, community, societal, and environmental factors that influence health behaviors, health outcomes, and health equity.	6-9, 6-10
2.8.3 Analyze how various influences affect the health and well-being of people and communities in different ways.	6-1, 6-6, 6-8, 6-10
2.8.4 Apply strategies and resources to manage influences that impact health and well-being.	6-9,
3.8.1 Describe situations that may require support from trusted adults, other individuals, and health professionals.	6-1, 6-3, 6-6, 6-7, 6-8, 6-9, Add-On E, Add-On F
3.8.2 Identify supports and barriers to accessing valid and reliable health information, products, services, and other resources.	6-9,
3.8.3 Access valid and reliable sources of health information, products, services, and other resources.	6-9,
3.8.4 Analyze the validity, reliability, and accessibility of health information, products, services, and other resources.	6-9,
3.8.5 Use strategies to manage misinformation and disinformation.	6-9,
4.8.1 Use effective communication skills across various modes of communication to support health and well-being of self and others.	6-1, 6-3, 6-5, 6-6, 6-8, 6-9, Add-On F

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
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 environmental levels.	6-6,
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,

7.8.3 Demonstrate practices and behaviors that support personal and community health and well-being of self and others.	6-1, 6-3, 6-4, 6-5, 6-6, 6-8, 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 individuals, families, and communities.	6-6, 6-10
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 health and well-being of self and others.	6-6, 6-10
8.8.5 Evaluate the effectiveness of advocacy efforts for promoting health and well-being.	