

**INDEPENDENT SCHOOL DISTRICT OF BOISE CITY
IDAHO ACHIEVEMENT STANDARDS
GRADE 6
HEALTH**

Students are expected to know content and apply skills from previous grades.

Standard 1: Healthy Lifestyles

Students demonstrate knowledge in the development of a healthy life.

Goal 1.1: Acquire the essential skills to lead a healthy life.

Objective(s): By the end of Grade 6, students will be able to:

- 6.H.1.1.1 Identify the influence exercise has in developing a healthy system.
- 6.H.1.1.2 Identify prevention, causes, and treatment of diseases and disorders.
- 6.H.1.1.3 Demonstrate and be able to apply basic first aid and safety rules.
- 6.H.1.1.4 Describe emotions that affect personal health.
- 6.H.1.1.5 Identify the choices and consequences related to abuse of alcohol, tobacco, and other drugs.
- 6.H.1.1.6 Apply strategies for developing healthy eating habits.
- 6.H.1.1.7 Identify the functions and characteristics of the major body systems.
- 6.H.1.1.8 Discuss and evaluate the importance of healthy relationships.
- 6.H.1.1.9 Examine factors involved in selecting and using health information, products, and services.
- 6.H.1.1.10 Describe environmental health issues and their relationships to a healthy lifestyle.

Standard 2: Risk Taking Behavior

Students examine and evaluate risk-taking behaviors that impact person and family health.

Goal 2.1: Demonstrate the ability to practice health-enhancing behaviors and reduce health risks.

Objective(s): By the end of Grade 6, students will be able to:

- 6.H.2.1.1 Identify risk factors for illness and injuries.
- 6.H.2.1.2 Examine and evaluate how the actions of one person affects the behaviors of others.
- 6.H.2.1.3 Describe high-risk substance abuse situations and behaviors that pose a risk to one's self and others.
- 6.H.2.1.4 Describe the impact of risky behaviors on personal and family health.

Standard 3: Communication Skills for Healthy Relationships

Students demonstrate skills in communication that are needed for a positive relationship.

Goal 3.1: Demonstrate the ability to use communication skills to enhance health.

Objective(s): By the end of Grade 6, students will be able to:

- 6.H.3.1.1 Describe the causes and effects of conflict in schools and families.
- 6.H.3.1.2 Demonstrate refusal and decision-making skills that enhance personal relationships including substance use and abuse.
- 6.H.3.1.3 Explain interpersonal communication skills that can be used to build interactions between family, friends, and community.

Standard 4: Consumer Health

Students analyze the role and influences the media has on one's life.

Goal 4.1: Organize, analyze, and apply health information practices and services appropriate for individual needs.

Objective(s): By the end of Grade 6, students will be able to:

- 6.H.4.1.1 Evaluate the validity of health information, products, and services.
- 6.H.4.1.2 Analyze how the media influences information about tobacco, alcohol, and drugs.
- 6.H.4.1.3 Determine health resources available in personal community and state.

Standard 5: Mental and Emotional Health

Students analyze factors that contribute to mental and emotional health.

Goal 5.1: Understand and demonstrate the key components to positive mental and emotional health.

Objective(s): By the end of Grade 6, students will be able to:

- 6.H.5.1.1 Analyze skills that positively express personal emotions and feelings.
- 6.H.5.1.2 Analyze the influence exercise has on relieving mental and emotional tension.
- 6.H.5.1.3 Identify skills necessary for stress management, decision-making, and managing conflicts.
- 6.H.5.1.4 Explore aspects of emotional safety.
- 6.H.5.1.5 Explore factors that influence the use of alcohol, tobacco, and drugs.