

Grade 3

Resiliency HE.3.R

Standard 1 Character HE.3.R.1

- 1 Identify skills needed when working with others. HE.3.R.1.1
- 2 Identify ways to display trustworthiness. HE.3.R.1.2
- 3 Discuss ways to be loyal to friends and family. HE.3.R.1.3

Standard 2 Personal Responsibility HE.3.R.2

- 1 Categorize resources used to achieve a personal goal. HE.3.R.2.1
- 2 Identify ways in which my decisions affect others. HE.3.R.2.2
- 3 Describe positive ways to deal with failure and learn from challenges. HE.3.R.2.3
- 4 Discuss how skills can be improved through hard work and perseverance. HE.3.R.2.4

Standard 3 Mentorship and Citizenship HE.3.R.3

- 1 Identify leadership opportunities within the school and the community. HE.3.R.3.1
- 2 Identify opportunities to volunteer or serve others in the school or community. HE.3.R.3.2

Standard 4 Critical Thinking and Problem Solving HE.3.R.4

- 1 Explain the importance of always taking ownership for personal actions. HE.3.R.4.1
- 2 Identify different solutions and potential outcomes when problems arise. HE.3.R.4.2

Personal Health Concepts HE.3.PHC

Standard 1 Core Concepts HE.3.PHC.1

- 1 Describe healthy behaviors that affect personal health. HE.3.PHC.1.1
- 2 Apply ways you can prevent personal injuries. HE.3.PHC.1.2
- 3 Recognize that body parts and organs work together to form human body systems. HE.3.PHC.1.3
- 4 Discuss behaviors that avoid or reduce health risks. HE.3.PHC.1.4
- 5 Demonstrate health behaviors to maintain or improve personal health. HE.3.PHC.1.5

Standard 2 Internal and External Influence HE.3.PHC.2

- 1 Describe how outside influences, family, and friends can influence health behaviors. HE.3.PHC.2.1
 - 2 Identify what the school and community do to support personal health practices and behaviors. HE.3.PHC.2.2
 - 3 Understand the positive and negative impacts technology may have on health. HE.3.PHC.2.3
 - 4 Identify appropriate and inappropriate uses of the internet and communicating with others through technology. HE.3.PHC.2.4
 - 5 Identify types of cyberbullying. HE.3.PHC.2.5
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Standard 3 Prevention and Decision Making HE.3.PHC.3

- 1 Explain when assistance is needed when making a health-related decision. HE.3.PHC.3.1
 - 2 Recognize healthy options when making decisions for yourself that avoid or reduce health risks. HE.3.PHC.3.2
 - 3 Discuss the potential short-term personal impact of each option when making a health-related decision. HE.3.PHC.3.3
 - 4 Select a personal health goal and track progress toward achievement. HE.3.PHC.3.4
 - 5 Discuss healthy options to health-related issues or problems. HE.3.PHC.3.5
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Standard 4 Advocacy HE.3.PHC.4

- 1 Practice appropriate responses to unwanted, unsafe, and threatening situations. HE.3.PHC.4.1
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Community and Environmental Health HE.3.CEH**Standard 1 Core Concepts** HE.3.CEH.1

- 1 Relate how healthy behaviors impact the community. HE.3.CEH.1.1
 - 2 Understand common childhood health conditions and their impact on school and community environments. HE.3.CEH.1.2
 - 3 Identify the impact of internet and social media in the community. HE.3.CEH.1.3
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Standard 2 Internal and External Influence HE.3.CEH.2

- 1 Identify classroom and school rules that promote health and disease prevention. HE.3.CEH.2.1
 - 2 Explore how the traditions and customs of the school and community influence health behavior of children. HE.3.CEH.2.2
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Standard 3 Prevention and Decision Making HE.3.CEH.3

- 1 Explore ways the community can prevent childhood injuries in the school and community settings. [HE.3.CEH.3.1](#)
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Standard 4 Advocacy [HE.3.CEH.4](#)

- 1 Encourage positive behaviors and healthy choices by others. [HE.3.CEH.4.1](#)
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**Consumer
Health** [HE.3.CH](#)

Standard 1 Core Concepts [HE.3.CH.1](#)

- 1 Locate resources from home, school, and community that provide valid health information, products, and services. [HE.3.CH.1.1](#)
 - 2 Describe why it is important to seek health care. [HE.3.CH.1.2](#)
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Standard 2 Internal and External Influence [HE.3.CH.2](#)

- 1 Describe how the internet and various media/social media [HE.3.CH.2.1](#)
 - 2 Identify resources that could assist in achieving personal health goals. [HE.3.CH.2.2](#)
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Standard 3 Prevention and Decision Making [HE.3.CH.3](#)

- 1 Describe criteria for selecting health information, resources, products, and services. [HE.3.CH.3.1](#)
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Standard 4 Advocacy [HE.3.CH.4](#)

- 1 Describe ways to encourage healthy school environments. [HE.3.CH.4.1](#)