Florida Health Education

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

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

Standard 4 **Advocacy** HE.3.PHC.4

1. Practice appropriate responses to unwanted, unsafe, and threatening situations. HE.3.PHC.4.1

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

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

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

Standard 4 Advocacy HE.3.CEH.4

1 Encourage positive behaviors and healthy choices by others. HE.3.CEH.4.1

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

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

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

Standard 4 Advocacy HE.3.CH.4

1 Describe ways to encourage healthy school environments. HE.3.CH.4.1