

Grade 4

Resiliency HE.4.R

Standard 1 Character HE.4.R.1

- 1 Consider the perspectives of others. HE.4.R.1.1
 - 2 Identify the benefits of treating others with respect. HE.4.R.1.2
 - 3 Predict the potential outcomes of repeating and/or sharing information that is not true. HE.4.R.1.3
 - 4 Identify strategies to help persevere in difficult situations. HE.4.R.1.4
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Standard 2 Personal Responsibility HE.4.R.2

- 1 Discuss ways to take responsibility for ones actions. HE.4.R.2.1
 - 2 Identify the value of making healthy choices for personal well-being. HE.4.R.2.2
 - 3 Create a personal goal and track progress toward achievement. HE.4.R.2.3
 - 4 Explain how attitudes and thoughts can influence your behavior. HE.4.R.2.4
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Standard 3 Mentorship and Citizenship HE.4.R.3

- 1 Identify opportunities to actively participate as a responsible citizen in the school and the local community. HE.4.R.3.1
 - 2 Model serving or helping others in the school or community. HE.4.R.3.2
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Standard 4 Critical Thinking and Problem Solving HE.4.R.4

- 1 Describe how perseverance may help overcome obstacles. HE.4.R.4.1
 - 2 Describe strategies to resolve conflicts. HE.4.R.4.2
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Personal Health Concepts HE.4.PHC

Standard 1 Core Concepts HE.4.PHC.1

- 1 Identify examples of mental and physical health. HE.4.PHC.1.1
- 2 Analyze ways you can prevent personal injuries. HE.4.PHC.1.2
- 3 Identify the human body parts and organs that work together to form healthy body systems. HE.4.PHC.1.3
- 4 Identify the relationship between healthy behaviors and personal health. HE.4.PHC.1.4

Standard 2 Internal and External Influence HE.4.PHC.2

- 1 Identify how outside influences, including family and friends, affect health practices and behaviors. HE.4.PHC.2.1
- 2 Describe ways a safe, healthy school environment can influence personal health. HE.4.PHC.2.2
- 3 Discuss how technology influences personal thoughts, feelings, and health behaviors. HE.4.PHC.2.3
- 4 Discuss how media/social media influences personal thoughts, feelings, and health behaviors. HE.4.PHC.2.4
- 5 Identify health-related consequences of inappropriate and/or excessive internet use. HE.4.PHC.2.5

Standard 3 Prevention and Decision Making HE.4.PHC.3

- 1 Examine when assistance is needed to make a health-related decision. HE.4.PHC.3.1
- 2 Apply healthy options when making decisions to maintain or improve personal health and reduce health risks. HE.4.PHC.3.2
- 3 Predict the potential short-term impact of each option on self and others when making a health-related decision. HE.4.PHC.3.3
- 4 Create a personal health goal and track progress toward achievement. HE.4.PHC.3.4
- 5 Choose healthy options to health-related issues or problems. HE.4.PHC.3.5

Standard 4 Advocacy HE.4.PHC.4

- 1 Select appropriate responses to unwanted, unsafe, and threatening situations. HE.4.PHC.4.1

Community and Environmental Health HE.4.CEH**Standard 1 Core Concepts** HE.4.CEH.1

- 1 Investigate how healthy and unhealthy behaviors impact the community. HE.4.CEH.1.1
- 2 Recognize common childhood health conditions and their impact on school and community environments. HE.4.CEH.1.2
- 3 Discuss the impact of internet and social media in the community. HE.4.CEH.1.3

Standard 2 Internal and External Influence HE.4.CEH.2

- 1 Recognize types of school rules and community laws that promote health and disease prevention. HE.4.CEH.2.1
- 2 Explain the important roles that school and community play in health practices and behaviors. HE.4.CEH.2.2

Standard 3 Prevention and Decision Making HE.4.CEH.3

- 1 Compare community resources available to prevent common childhood injuries and health problems. HE.4.CEH.3.1
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Standard 4 Advocacy HE.4.CEH.4

- 1 Assist others to make positive health choices in their school and community. HE.4.CEH.4.1
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Consumer Health HE.4.CH

Standard 1 Core Concepts HE.4.CH.1

- 1 Describe characteristics of valid health information, products, and services. HE.4.CH.1.1
 - 2 Distinguish differences among various healthcare providers, products, and services. HE.4.CH.1.2
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Standard 2 Internal and External Influence HE.4.CH.2

- 1 Recognize ways health messages and communication HE.4.CH.2.1
 - 2 Categorize resources that could assist in achieving a small group personal health goal. HE.4.CH.2.2
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Standard 3 Prevention and Decision Making HE.4.CH.3

- 1 Construct criteria for selecting health resources, products, services, and reputable technologies. HE.4.CH.3.1
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Standard 4 Advocacy HE.4.CH.4

- 1 Choose ways to promote healthy school environments. HE.4.CH.4.1