

Grade 3

Adopted 2021

Third Grade (17.00400)

1. Comprehend concepts related to health promotion and disease prevention to enhance health. HE3.1

- a. Identify situations when professional health care or emergency help for self or others is needed. HE3.1.A
- b. Identify and apply healthy eating habits. HE3.1.B
- c. Prevent and manage emotional stress and anxiety in healthy ways. HE3.1.C
- d. Distinguish the short and long-term physical effects of use and/or misuse of substances. HE3.1.D
- e. Identify behaviors that show respect for themselves and others. HE3.1.E
- f. Identify appropriate and inappropriate touches and how to disclose to a trusted adult. HE3.1.F

2. Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. HE3.2

- a. Discuss how family and cultural factors influence personal health and well-being. HE3.2.A
- b. Identify how peers can influence healthy and unhealthy behaviors. HE3.2.B
- c. Identify consumer influences. HE3.2.C

3. Demonstrate the ability to access valid information, products, and services to enhance health. HE3.3

- a. Identify the characteristics of valid health information, products, and services. HE3.3.A
- b. List resources from home, school, and community that provide valid health information. HE3.3.B

4. Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. HE3.4

- a. Discuss and demonstrate how speaking and listening skills can be used to build and maintain healthy relationships. HE3.4.A
- b. Recognize the causes of conflicts and apply effective nonviolent strategies to manage or resolve conflicts. HE3.4.B

5. Demonstrate the ability to use decision-making skills to enhance health. HE3.5

- a. Identify and discuss health-related situations. [HE3.5.A](#)
 - b. Discuss situations when support is needed when making a health-related decision. [HE3.5.B](#)
 - c. Discuss options and healthy choices when making decisions. [HE3.5.C](#)
 - d. Indicate the possible consequences of each choice when making a health-related decision. [HE3.5.D](#)
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6. Demonstrate the ability to use goal-setting skills to enhance health. [HE3.6](#)

- a. Select a personal long-term health goal and determine the actions needed to achieve the goal [HE3.6.A](#)
 - b. Identify resources and individuals needed to assist in achieving a personal health goal. [HE3.6.B](#)
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7. Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. [HE3.7](#)

- a. Identify practices to reduce or prevent health risks. [HE3.7.A](#)
 - b. Demonstrate healthy practices. [HE3.7.B](#)
 - c. Commit to practicing healthy behaviors. [HE3.7.C](#)
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8. Demonstrate the ability to advocate for personal, family, and community health. [HE3.8](#)

- a. Share accurate information about a health issue. [HE3.8.A](#)
- b. Encourage others to make positive health choices. [HE3.8.B](#)