

# Grades 3, 4, 5

Adopted 2005

## Core Concepts — Understand concepts related to health promotion and disease prevention

### Mental and Emotional Health

1. Describe the relationship between physical and emotional health [HE.3-5.1.1](#)
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### Healthy Eating and Physical Activity

2. Describe the importance of physical activity and exercise as part of a healthy lifestyle [HE.3-5.1.2](#)
  3. Explain the importance of a healthy diet as part of a healthy lifestyle [HE.3-5.1.3](#)
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### Promoting Safety and Preventing Violence and Unintentional Injury

4. Describe how to assess situations that might be dangerous or risky and strategies to avoid such situations [HE.3-5.1.4](#)
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### Personal Health and Wellness

8. Describe the relationship between health behaviors and well-being [HE.3-5.1.8](#)
  9. Explain the consequences associated with exposure to environmental elements [HE.3-5.1.9](#)
  10. Explain the importance of early detection and treatment of disease [HE.3-5.1.10](#)
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### Tobacco-Free Lifestyle

5. Identify the consequences of using tobacco products [HE.3-5.1.5](#)
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### Alcohol and Other Drugfree Lifestyle

6. Identify the consequences of alcohol and drug abuse [HE.3-5.1.6](#)
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### Sexual Health and Responsibility

7. Identify the stages of growth and development in humans related to puberty and adolescence [HE.3-5.1.7](#)
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## Accessing Information — Access valid health information and health- promoting products and services

### Health Information, Products, and Services Across Topic Areas

1. Explain where health information can be found in the home, school, and community [HE.3-5.2.1](#)
  2. Identify the characteristics of valid health information, products, and services [HE.3-5.2.2](#)
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**Self-Management —  
Practice health-  
enhancing behaviors  
and reduce health risks**

**Mental and Emotional Health**

1. Use appropriate strategies for dealing with emotional and stressful situations [HE.3-5.3.1](#)

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**Personal Health and Wellness**

2. Evaluate behaviors that are safe, risky, or harmful to self and others [HE.3-5.3.2](#)

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**Analyzing Influences —  
Understand the  
influences of culture,  
family, peers, media,  
technology, and other  
factors on health**

**Factors Influencing Health Across Topic Areas**

1. Identify internal and external factors that influence health behaviors and health-related decisions [HE.3-5.4.1](#)

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**Interpersonal  
Communication — Use  
interpersonal  
communication skills to  
enhance health**

**Communication Skills Across Topic Areas**

1. Use appropriate strategies for effective verbal and nonverbal communication in formal and informal settings [HE.3-5.5.1](#)
2. Use strategies to avoid inappropriate communication (e.g., name-calling, put-downs, and harassment) [HE.3-5.5.2](#)

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**Promoting Safety and Preventing Violence and Unintentional Injury**

3. Know how to use appropriate non-violent strategies to deal with conflict and dispute [HE.3-5.5.3](#)

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**Decision-Making and  
Goal-Setting — Use  
decision-making and  
goal-setting skills to  
enhance health**

**Decision-Making Across Topic Areas**

1. Identify the elements of a decision-making model related to health issues and problems [HE.3-5.6.1](#)
2. Evaluate decisions made on health issues and problems [HE.3-5.6.2](#)

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**Goal-Setting Across Topic Areas**

3. Identify appropriate goal-setting strategies to set personal health goals [HE.3-5.6.3](#)

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**Advocacy — Advocate  
for personal, family, and  
community health**

**Advocacy Across Topic Areas**

1. Name people or groups that advocate for healthy individuals, families, and communities [HE.3-5.7.1](#)
2. Use appropriate strategies to express individual opinions about health issues [HE.3-5.7.2](#)