Hawaii Health

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

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

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

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

Tobacco-Free Lifestyle

5. Identify the consequences of using tobacco products HE.3-5.1.5

Alcohol and Other Drugfree Lifestyle

6. Identify the consequences of alcohol and drug abuse HE.3-5.1.6

Sexual Health and Responsibility

7. Identify the stages of growth and development in humans related to puberty and adolescence HE.3-5.1.7

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

Personal Health and Wellness

2. Evaluate behaviors that are safe, risky, or harmful to self and others HE.3-5.3.2

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

Interpersonal Communication — Use interpersonal communication skills to enhance health

Communication Skils 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

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

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

Goal-Setting Across Topic Areas

3. Identify appropriate goal-setting strategies to set personal health goals HE.3-5.6.3

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