

Grade 4

Students will comprehend concepts related to health promotion and disease prevention to enhance health, including: 1

a Mental and Emotional Health 1A

Emotions

- 1 Identify role models who demonstrate positive emotional health. 1A.4.1
- 2 Describe situations that trigger strong emotions and safe and unsafe ways to respond. 1A.4.2

Self and social awareness

- 3 Identify respectful ways to show empathy to others. 1A.4.3
- 4 Describe how personal choices and behaviors impact self-worth. 1A.4.4
- 5 Identify how to recognize and build on personal strengths. 1A.4.5

Relationships

- 6 Describe the benefits of healthy peer relationships. 1A.4.6
- 7 Describe how relationships and interactions with others affect emotions. 1A.4.7

Trusted Adults

- 8 Identify ways trusted adults can help you or someone else deal with difficult emotions or situations. 1A.4.8

Stress and anxiety

- 9 Explain physical and emotional reactions to stress. 1A.4.9

Depression awareness

- 10 Identify the need to discuss long-lasting troublesome feelings with a trusted adult. 1A.4.10

Suicide prevention

- 11 Identify troublesome feelings and signals for support for which someone should seek help. 1A.4.11
- 12 Explain the importance of telling a trusted adult if someone is in danger of hurting themselves or others. 1A.4.12

Teasing, bullying, harassment, discrimination, and violence

- 13 Identify when to report aggression, bullying, or violence. 1A.4.13
- 14 Demonstrate what to do if you or someone else is being bullied. 1A.4.14

Teasing, bullying, harassment, discrimination, and violence

15 Describe the impact of conflict, discrimination, and violence on mental and emotional health. 1A.4.15

16 Describe how to use nonviolent means to solve interpersonal conflict. 1A.4.16

Body Image

17 Describe how peers, media, family, society, and culture influence ideas about body. 1A.4.17

Grief and loss

18 Describe feelings and emotions associated with loss and grief. 1A.4.18

b Substance Abuse Prevention 1B

Medicines

1 Explain the benefits of medicines when used correctly. 1B.4.1

2 Describe potential risks associated with inappropriate use of over the-counter and prescription medicines including addiction. 1B.4.2

3 Explain the difference between medicines, legal drugs, and illegal drugs. 1B.4.3

Household products

4 Recognize that products can be harmful to self and others if absorbed, inhaled, or ingested. 1B.4.4

Alcohol, nicotine products, caffeine, and marijuana products

5 Identify short and long-term effects of alcohol, nicotine, and caffeine. 1B.4.5

Environmental literacy

6 Identify the environmental impact of alcohol and nicotine products. 1B.4.6

c Family Life and Human Sexuality 1C

Healthy relationships and consent

1 Identify parents, caregivers, or other trusted adults (e.g., counselors and other health care professionals) that students can talk with about relationships, puberty, and health. 1C.4.1

2 Explain the relationship between consent, personal boundaries, and bodily autonomy. 1C.4.2

Gender identity and expression

Sexual orientation and identity

3 Identify sexual orientation as a person's physical and/or romantic attraction to an individual of the same and/or different gender. 1C.4.3

Puberty and adolescent sexual development

- 4 Identify the physical, social, and emotional changes that occur during puberty. [1C.4.4](#)
- 5 Explain how the onset and progression of puberty varies considerably. [1C.4.5](#)
- 6 Identify human reproductive systems including medically accurate names for internal and external genitalia and their functions. [1C.4.6](#)

d Safety and Violence Prevention [1D](#)

Safety and injuries

- 1 List ways to prevent injuries in the community. [1D.4.1](#)
- 2 Identify ways to reduce injuries from animals and insect bites and stings. [1D.4.2](#)
- 3 Identify safety precautions for playing and working outdoors in different kinds of weather and climates. [1D.4.3](#)

Accessing trusted adults

- 4 Explain the importance of sharing all information with parents, guardians, or trusted adults. [1D.4.4](#)
- 5 Create a list of trusted people/community resources to notify or contact if sexual mistreatment, grooming, harassment, abuse, assault, and/or exploitation occur. [1D.4.5](#)
- 6 Demonstrate verbal and nonverbal ways to ask trusted adults for help, including how to report unsafe, scary or harmful situations in the home, school, or community. [1D.4.6](#)
- 7 Identify words and actions that appropriately express affection or other positive feelings toward trusted adults and other important people. [1D.4.7](#)

Discrimination and violence

- 13 Identify how participation in gangs and hate groups can lead to violence. [1D.4.13](#)
- 14 Identify that a gang is a group of people involved in wrongful or delinquent activities. [1D.4.14](#)
- 15 Identify that a hate group is a type of gang that claims their identity is superior to that of others and does not value the human rights of all people. [1D.4.15](#)
- 16 Describe safety procedures to follow if in the presence of a firearm. [1D.4.16](#)

Safety, abuse and assault

Bystander intervention and compassion for victims

- 17 Demonstrate what to say and do when witnessing or experiencing something that feels uncomfortable, unsafe, or disrespectful. [1D.4.17](#)
- 18 Explain that it is never a person's fault if someone causes them to feel unsafe. [1D.4.18](#)

e Healthy Eating 1E

Nutritious foods and beverages

- 1 Explain the importance of eating a variety of nutritious foods. 1E.4.1
- 2 Identify the benefits of eating a wide variety of foods as they relate to nutrient categories. 1E.4.2
- 3 Summarize the benefits of eating a variety of nutritious foods. 1E.4.3

Water

- 4 Explain the benefits of drinking water versus other beverages. 1E.4.4
- 5 Explain nutritious eating patterns and the importance of consistent meals and snacks. 1E.4.5

Moderation and “all foods fit”

- 6 Analyze the benefits of eating in moderation and in line with the idea that “all foods fit.” 1E.4.6

f Disease Prevention and Control 1F

Disease Prevention

Hygiene

- 1 Describe the benefits of personal health care practices. 1F.4.1

Food and illness

- 2 Describe how to keep food safe from harmful germs including how to avoid cross-contamination. 1F.4.2

Sun

Sleep

- 3 Explain why sleep and rest are important for proper growth and good health. 1F.4.3

Disease

- 4 Identify symptoms that are associated with common childhood chronic diseases or conditions such as asthma, allergies, diabetes, and others. 1F.4.4

Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. 2

a Describe how the family influences personal health practices and behaviors. 2.E2.4.A

b Identify the influence of culture on health practices and behaviors. 2.E2.4.B

c Identify how peers can influence healthy and unhealthy behaviors. 2.E2.4.C

d Describe how the school and community can support personal health practices and behaviors. 2.E2.4.D

e Explain how media influences thoughts, feelings, and health behaviors. 2.E2.4.E

f Describe ways that technology can influence personal health. 2.E2.4.F

Students will demonstrate the ability to access valid information, products, and services to enhance health. 3

a Identify characteristics of valid health information, products, and services. 3.E2.4.A

b Locate resources from home, school, and community that provide valid health information. 3.E2.4.B

Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. 4

a Demonstrate effective verbal and non-verbal communication skills to enhance health. 4.E2.4.A

b Demonstrate refusal skills to avoid or reduce health risks. 4.E2.4.B

c Demonstrate nonviolent strategies to manage or resolve conflict. 4.E2.4.C

d Demonstrate how to ask for assistance to enhance personal health. 4.E2.4.D

Students will demonstrate the ability to use decision-making skills to enhance health. 5

a Identify health-related situations that might require a thoughtful decision. 5.E2.4.A

b Analyze when assistance is needed when making a health-related decision. 5.E2.4.B

c List healthy options for health-related issues or problems. 5.E2.4.C

d Predict the potential outcomes of each option when making a health-related decision. 5.E2.4.D

e Choose a healthy option when making a decision. 5.E2.4.E

f Describe the outcomes of a health-related decision. 5.E2.4.F

Students will demonstrate the ability to use goal-setting skills to enhance health. 6

a Set a personal health goal and track progress toward its achievement. 6.E2.4.A

b Identify resources to assist in achieving a personal health goal. 6.E2.4.B

Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. 7

a Identify responsible personal health behaviors. 7.E2.4.A

b Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health. 7.E2.4.B

c Demonstrate a variety of behaviors that avoid or reduce health risks. 7.E2.4.C

Students will demonstrate the ability to advocate for

a Express opinions and give accurate information about health issues. 8.E2.4.A

