

# Grade 3

Adopted 2007

Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1. The student will describe how physical, social, and emotional environments influence personal health.
  - <li>Alcohol and Other Drugs</li><li>Community and Environmental Health</li><li>Family Life and Sexuality</li><li>Injury Prevention</li><li>Mental Health</li><li>Nutrition</li><li>Personal and Consumer Health</li><li>Physical Activity</li><li>Tobacco</li></ul>

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

1. The student will describe how culture influences personal health behaviors.

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

1. The student will explain how media influences the selection of health information, products and services.

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

1. The student will distinguish between verbal and nonverbal communication.
2. The student will identify attentive listening skills to build and maintain healthy relationships.

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

1. The student will explain when to ask for assistance in making health-related decisions and setting health goals.

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

1. The student will explain when to ask for assistance in making health-related decisions and setting health goals.

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

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- 1. The student will compare behaviors that are safe to those that are risky or harmful.**
  - 2. The student will demonstrate strategies to improve or maintain personal health.**
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**Students will demonstrate the ability to advocate for personal, family, and community health.**

- 1. The student will identify community agencies that advocate for healthy individuals, families, and communities.**