Montana Health Enhancement

Grade 3

Adopted 2016

Comprehend concepts related to health promotion and disease prevention to enhance personal health.

1. Identifying links between healthy choices and personal health; A.3.1
2. Defining life skills that improve health and wellness; A.3.2
3. Using goal-setting to practice healthy behaviors; A.3.3
4. Describing various characteristics of physical, mental, emotional, family, and social health, including those of traditional and contemporary American Indian cultures and practices; A.3.4
5. Explaining the difference between childhood communicable and noncommunicable diseases; A.3.5
6. Identifying the potential sources of environmental factors that affect health; A.3.6
7. Describing how health can be affected by school and community environments; A.3.7
8. Identifying common childhood health problems; A.3.8
9. Identifying situations that require health care; and A.3.9
10. Identifying body systems and their function including circulatory, respiratory, cardiovascular, skeletal, muscular, digestive, and nervous. A.3.10

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

1. Describing ways family and culture influence personal health practices and behavior; B.3.1
2. Describing ways that peers influence behavior; B.3.2
3. Explaining ways the school can support personal health practices and behaviors; B.3.3
4. Discussing ways the media can influence thoughts, feelings, and health behaviors; B.3.4
5. Identifying types of technology that influence personal health; and B.3.5

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	6. Describing ways that school and community policies promote health and safety. B.3.6
Demonstrate the ability to access valid information, products, and services to enhance health.	1. Giving examples of valid health information, products, and services; and C.3.1 2. Identifying resources available at home, school, tribe, and community that provide valid health information. C.3.2
Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	1. Expressing ways to show respect for self and others, including those of traditional and contemporary American Indian cultures and practices; D.3.1 2. Identifying verbal and nonverbal refusal skills; D.3.2 3. Recognizing conflict and applying nonviolent strategies to manage or resolve conflict; and D.3.3 4. Discussing situations when it is necessary to seek assistance for the health and safety of self and others. D.3.4
Demonstrate the ability to use decision-making skills to enhance health and safety.	1. Identifying routine safety and health-related situations; E.3.1 2. Discussing situations when support is needed in making safety and health-related decisions; E.3.2 3. Discussing various options to safety and health-related issues or problems; E.3.3 4. Discussing possible consequences of choices when making safety and health-related decisions; and E.3.4 5. Identifying outcomes for various safety, healthy, and unhealthy decisions. E.3.5
Demonstrate the ability to use goal-setting skills to enhance health.	1. Describing ways to set personal health goals; and F.3.1 2. Explaining how friends, adults, and resources help in achieving a personal health goal. F.3.2
Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.	1. Describing practices of healthy behaviors toward self and others; G.3.1 2. Discussing reasons for responsible personal health behaviors; and G.3.2 3. Identifying healthy and unhealthy behaviors. G.3.3
Demonstrate the ability to advocate for pe co	1. Sharing accurate information about a health issue; H.3.1 Encouraging peers to make positive health choices; and H.3.2

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3. **Discussing health-related messages and communication techniques.** H.3.3