Montana Health Enhancement

Grade 4

Adopted 2016

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

1. **Identifying life skills that improve health and wellness;** A.4.1
2. **Discussing healthy and unhealthy behaviors and their effect on health;** A.4.2
3. **Identifying personal health enhancing strategies that encompass substance abuse prevention, nutrition, exercise, injury and disease prevention, and stress management, including traditional and contemporary strategies from American Indian cultures;** A.4.3
4. **Describing risky behaviors and their potential consequences;** A.4.4
5. **Discussing various characteristics of physical, mental, emotional, family, and social health, including those of traditional and contemporary American Indian cultures and practices;** A.4.5
6. **Describing how universal precautions and other hygienic practices reduce the risk for contracting disease;** A.4.6
7. **Describing the potential sources of environmental factors that affect health;** A.4.7
8. **Discussing practices for safe school and community environments;** A.4.8
9. **Describing common childhood health problems and potential treatments;** A.4.9
10. **Describing when it is important to seek health care; and** A.4.10
11. **Discussing the structure and function of each of the following major systems: circulatory, respiratory, cardiovascular, skeletal, muscular, digestive, and nervous.** A.4.11

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

1. **Explaining ways family and culture influence personal health practices and behaviors;** B.4.1
2. **Discussing ways that peers influence behavior;** B.4.2
3. **Identifying how the school, tribe, and community can support personal health practices and behaviors;** B.4.3

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	4. Discussing why the media influences thoughts, feelings, and health behaviors; B.4.4
	5. Identifying ways technology can influence personal health; and B.4.5
	6. Discussing ways that school and community policies promote health, safety, and disease prevention. B.4.6
Demonstrate the ability to access valid information, products, and services to enhance health.	1. Identifying qualities of valid health information, products, and services; and C.4.1
	2. Describing resources from home, school, tribe, and community that provide valid health information. C.4.2
Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	1. Demonstrating ways to communicate care, consideration, and respect of self and others, including those of traditional and contemporary American Indian cultures and practices; D.4.1
	2. Identifying reasons to use refusal skills to avoid or reduce health risks; D.4.2
	3. Identifying strategies to control angry feelings; and D.4.3
	4. Describing reasons for seeking assistance to enhance the health and safety of self and others. D.4.4
Demonstrate the ability to use decision-making skills to enhance health and safety.	1. Discussing options of what to do in potential safety and health-risk situations; E.4.1
	2. Identifying situations when assistance is needed to make safety and health-related decisions; E.4.2
	3. Identifying positive alternatives to resolving safety and health-related issues or problems; E.4.3
	4. Explaining possible consequences of health-related decisions; and E.4.4
	5. Creating a list of positive and negative outcomes related to various safety and health-related decisions. E.4.5
Demonstrate the ability to use goal-setting skills to enhance health.	1. Discussing reasons for setting personal health goals; and F.4.1
	2. Discussing personal health goal-setting and the resources that can assist in achieving goals. F.4.2
Demonstrate the ability to en	1. Discussing practices of healthy behaviors toward self and others; G.4.1
	Identifying responsible personal health behaviors; G.4.2

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and avoid or reduce health risks.	**3. Explaining personal health practices and behaviors that maintain or improve personal health; and** G.4.3
	4. Discussing reasons for healthy behaviors that avoid or reduce health risks. G.4.4
Demonstrate the ability to advocate for personal, family, and community health.	**1. Discussing accurate information about a health issue;** H.4.1
	2. Discussing ways that encourage others to make positive health choices; and H.4.2
	3. Comparing and contrasting health messages and communication techniques. H.4.3