

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](#)
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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](#)
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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](#)
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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](#)
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Tobacco-Free Lifestyle

5. Identify the consequences of using tobacco products [HE.3-5.1.5](#)
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Alcohol and Other Drugfree Lifestyle

6. Identify the consequences of alcohol and drug abuse [HE.3-5.1.6](#)
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Sexual Health and Responsibility

7. Identify the stages of growth and development in humans related to puberty and adolescence [HE.3-5.1.7](#)
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**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 Skills 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](#)