

Grade 4

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

- 1 Identify family and school rules about alcohol use. 4.1.1

- 2 Explain the importance of eating a variety of foods from all the food groups and describe the benefits of healthy eating habits. 4.1.2

- 3 Identify feelings and emotions associated with loss and grief and depression and sadness and explain what it means to be emotionally healthy. 4.1.3

- 4 Identify personal stressors at home, in school and with friends. 4.1.4

- 5 Describe the symptoms of someone who is seriously ill and needs immediate medical attention. 4.1.5

- 6 List ways to prevent injuries at home, at school and in the community and explain what to do if someone is poisoned or injured and needs help. 4.1.6

- 7 Describe ways to prevent the spread of germs that cause infectious disease. 4.1.7

- 8 Summarize why it is harmful to tease or bully others based on personal characteristics. 4.1.8

- 9 Explain the short and long-term physical effects of being exposed to others' tobacco use. 4.1.9

- 10 Identify strategies to avoid physical fighting and violence. 4.1.10

- 11 Explain the importance of telling an adult if someone is in danger of hurting themselves or others. 4.1.11

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

- 1 Describe how community can support personal health decisions and behaviors. 4.2.1

Access valid information, products and services to enhance health.

- 1 Identify characteristics of valid health information, products and services. 4.3.1

- 2 Describe resources from home, school and community that provide valid health products and services. 4.3.2

Use interpersonal communication skills to enhance health and avoid or reduce health risks.

- 1 Describe effective verbal and non-verbal communication skills to enhance healthy behaviors.** 4.4.1
- 2 Describe healthy ways to manage or resolve conflict.** 4.4.2
- 3 Describe refusal skills that avoid or reduce health risks.** 4.4.3
- 4 Demonstrate how to effectively communicate needs, wants and feelings in healthy ways.** 4.4.4
- 5 Demonstrate how to communicate support for others.** 4.4.5

Use decision-making skills to enhance healthy behaviors.

- 1 Describe how family, peers and media influence decision-making for personal health.** 4.5.1
- 2 Explain the essential steps needed to make a health-related decision.** 4.5.2
- 3 Explain how community, school, media and technology influence a decision related to personal health.** 4.5.3

Use goal-setting skills to enhance healthy behaviors.

- 1 Set long-term goals for positive physical, mental or emotional health and identify skills you will need to achieve them.** 4.6.1
- 2 List goals and identify steps needed for achieving goals.** 4.6.2
- 3 Analyze resources in the family, school or community that can influence (positively or negatively) the achievement of health related goals.** 4.6.3

Practice health-enhancing behaviors and avoid or reduce health risks.

- 1 Compare and contrast the short and long-term effects of positive and negative health choices.** 4.7.1
- 2 Describe practices and behaviors that reduce or prevent health risks related to diseases and injuries.** 4.7.2
- 3 Interpret why good health habits enhance physical, mental and emotional health.** 4.7.3

Advocate for personal, family and community health.

- 1 Demonstrate how to advocate for others (peers, family and community) to make positive health choices.** 4.8.1
- 2 Describe personal beliefs to persuade, support and promote others to improve personal health and wellness.** 4.8.2