

# 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](#)
- 

### 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](#)
- 

### 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](#)
- 

### 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](#)
- 

### Tobacco-Free Lifestyle

5. Identify the consequences of using tobacco products [HE.3-5.1.5](#)
- 

### Alcohol and Other Drugfree Lifestyle

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

### Sexual Health and Responsibility

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

## 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](#)
-

**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](#)