

# Grade 3

Adopted 2008

## Growth and Development

**1: Essential Concepts - All students will comprehend essential concepts related to enhancing health.**

- G. Describe the cycle of birth, growth, aging, and death in living things. [1.1.G](#)
  - G. Recognize that there are individual differences in growth and development. [1.2.G](#)
  - G. Identify major internal and external body parts and their functions. [1.3.G](#)
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**2: Analyzing Influences - All students will demonstrate the ability to analyze internal and external influences that affect health.**

- G. Explain how individual behaviors and one's family and school influence growth and development. [2.1.G](#)
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**3: Accessing Valid Information - All students will demonstrate the ability to access and analyze health information, products, and services.**

- G. Identify parents, guardians, and trusted adults with whom one can discuss the cycle of birth, growth, aging, and death in living things. [3.1.G](#)
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**4: Interpersonal Communication - All students will demonstrate the ability to use interpersonal communication skills to enhance health.**

- G. Demonstrate how to communicate with parents, guardians, and trusted adults about growth and development. [4.1.G](#)
  - G. Identify how to show respect for individual differences. [4.2.G](#)
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**5: Decision Making - All students will demonstrate the ability to use decision-making skills to enhance health.**

- G. Examine why a variety of behaviors promote healthy growth and development. [5.1.G](#)
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**7: Standard 7: Practicing Health-Enhancing Behaviors - All students will demonstrate the ability to practice behaviors that reduce risk and promote health.**

- G. Determine behaviors that promote healthy growth and development. [7.1.G](#)

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**8: Health Promotion - All students will demonstrate the ability to promote and support personal, family, and community health.**

- G. Encourage peers to show respect for others regardless of differences in growth and development. 8.1.G
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**Mental, Emotional, and Social Health**

**1: Essential Concepts - All students will comprehend essential concepts related to enhancing health.**

- M. Describe examples of healthy social behaviors (e.g., helping others, being respectful of others, cooperation, consideration). 1.1.M
  - M. Describe the importance of assuming responsibility within the family and community. 1.2.M
  - M. Explain the benefits of having positive relationships with family and friends. 1.3.M
  - M. Discuss the importance of setting (and ways to set) personal boundaries for privacy, safety, and expression of emotions. 1.4.M
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**2: Analyzing Influences - All students will demonstrate the ability to analyze internal and external influences that affect health.**

- M. Describe internal and external factors that affect friendships and family relationships. 2.1.M
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**3: Accessing Valid Information - All students will demonstrate the ability to access and analyze health information, products, and services.**

- M. Access trusted adults at home, at school, and in the community who can help with mental, emotional, and social health concerns. 3.1.M
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**4: Interpersonal Communication - All students will demonstrate the ability to use interpersonal communication skills to enhance health.**

- M. Demonstrate how to communicate directly, respectfully, and assertively regarding personal boundaries. 4.1.M
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**5: Decision Making - All students will demonstrate the ability to use decision-making skills to enhance health.**

- M. Describe effective strategies to cope with changes within the family. 5.1.M
  - M. Evaluate situations in which a trusted adult should be asked for help. 5.2.M
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**6: Goal Setting - All students will demonstrate the ability to use goal-setting skills to enhance health.**

- M. Make a plan to help at home and show responsibility as a family member. 6.1.M

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**7: Practicing Health-Enhancing Behaviors - All students will demonstrate the ability to practice behaviors that reduce risk and promote health.**

- M. Evaluate effective strategies to cope with fear, stress, anger, loss, and grief in oneself and others. 7.1.M
- M. Discuss suicide-prevention strategies. 7.3.M

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**8: Health Promotion - All students will demonstrate the ability to promote and support personal, family, and community health.**

- M. Promote a positive and respectful school environment. 8.1.M
- M. Object appropriately to teasing of peers and family members that is based on personal characteristics. 8.2.M
- M. Demonstrate the ability to support and respect people with differences. 8.3.M

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**Personal and  
Community Health**

**1: Essential Concepts - All students will comprehend essential concepts related to enhancing health.**

- P. Examine the difference between communicable and noncommunicable diseases. 1.1.P
- P. Describe how bacteria and viruses affect the body. 1.2.P
- P. Identify positive health practices that reduce illness and disease. 1.3.P
- P. Identify life-threatening conditions (e.g., heart attacks, asthma attacks, poisoning). 1.4.P
- P. Describe how a healthy environment is essential to personal and community health. 1.5.P
- P. Discuss how reducing, recycling, and reusing products make for a healthier environment. 1.6.P

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**2: Analyzing Influences - All students will demonstrate the ability to analyze internal and external influences that affect health.**

- P. Identify how culture, family, friends, and media influence positive health practices. 2.1.P

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**3: Accessing Valid Information - All students will demonstrate the ability to access and analyze health information, products, and services.**

- P. Recognize individuals who can assist with health-related issues and potentially life-threatening health conditions (e.g., asthma episodes or seizures). 3.1.P
- P. Describe how to access help when feeling threatened. 3.2.P

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**4: Interpersonal Communication - All students will demonstrate the ability to use interpersonal communication skills to enhance health.**

- P. Demonstrate refusal skills to avoid the spread of disease. 4.1.P

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**5: Decision Making - All students will demonstrate the ability to use decision-making skills to enhance health.**

- P. Use a decision-making process to reduce the risk of communicable disease or illness. 5.1.P

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**6: Goal Setting - All students will demonstrate the ability to use goal-setting skills to enhance health.**

- P. Set a short-term goal for positive health practices. 6.1.P

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**7: Practicing Health-Enhancing Behaviors - All students will demonstrate the ability to practice behaviors that reduce risk and promote health.**

- P. Evaluate ways to prevent the transmission of communicable diseases. 7.1.P
- P. Demonstrate ways to reduce, reuse, and recycle at home, at school, and in the community. 7.2.P

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**8: Health Promotion - All students will demonstrate the ability to promote and support personal, family, and community health.**

- P. Support others in making positive health choices. 8.1.P
- P. Encourage others to promote a healthy environment. 8.2.P