

Grade 3

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

- 1 Explain the potential risks associated with inappropriate use and abuse of prescription medicines. [3.1.1](#)

- 2 Identify the amount of water and food from each food group that a child needs daily and describe the benefits of drinking water and eating healthy. [3.1.2](#)

- 3 Describe the relationship between feelings and behavior and appropriate ways to express and deal with emotion. [3.1.3](#)

- 4 Describe the importance of being aware of one's own feelings and being sensitive to the feelings of others. [3.1.4](#)

- 5 Explain why rest and sleep are important for proper growth and good health. [3.1.5](#)

- 6 Describe ways to prevent harmful effects of the sun. [3.1.6](#)

- 7 List examples of dangerous or risky behaviors that might lead to injuries. [3.1.7](#)

- 8 Identify characteristics of healthy relationships. [3.1.8](#)

- 9 Describe the benefits of abstaining from tobacco use and explain the dangers of experimenting with tobacco products. [3.1.9](#)

- 10 Describe what to do if oneself or someone else is being bullied. [3.1.10](#)

- 11 3.1.11 Explain that everyone has the right to tell others not to touch his or her body. [3.1.11](#)

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

- 1 Explain how peers can influence healthy and unhealthy behaviors. [3.2.1](#)

Access valid information, products and services to enhance health.

- 1 Identify characteristics of valid health information. [3.3.1](#)

- 2 Identify characteristics of accurate and reliable resources for health information. [3.3.2](#)

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

- 1 Demonstrate verbal and non-verbal ways of communicating with others. 3.4.1**
- 2 Identify healthy ways to effectively communicate when resolving conflict. 3.4.2**
- 3 Identify refusal skills that avoid or reduce health risks and explain why they are important 3.4.3**
- 4 Demonstrate ways to tell a trusted adult if threatened or harmed. 3.4.4**
- 5 Explain the role of empathy and compassion when listening to others. 3.4.5**

Use decision-making skills to enhance healthy behaviors.

- 1 Identify the influences family, peers and media have on personal health decisions. 3.5.1**
- 2 Identify health-related situations that might require an informed decision. 3.5.2**
- 3 Identify how community, school, media and technology influence a decision related to personal health. 3.5.3**

Use goal-setting skills to enhance healthy behaviors.

- 1 Set long-term goals for positive physical, mental or emotional health. 3.6.1**
- 2 Establish a long-term plan for achieving goals. 3.6.2**
- 3 Identify resources in the family, school or community that can help with the achievement of health-related goals. 3.6.3**

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

- 1 Describe the importance of developing positive health habits. 3.7.1**
- 2 Identify behaviors that reduce or prevent health risks of disease and injuries. 3.7.2**
- 3 Explain positive health behaviors related to personal wellness, physical activity and safety. 3.7.3**

Advocate for personal, family and community health.

- 1 State personal beliefs that may improve the health of self and others. 3.8.1**
- 2 Identify factual information needed to advocate to improve the personal health and wellness of others. 3.8.2**