

HCPSS Health Education  
Level - Elementary  
Grade 3 Course Indicators/Objectives

Unit - Social & Emotional Health

- Explain what it means to be mentally and emotionally healthy.
- Identify characteristics of a mentally and emotionally healthy person.
- Identify role models who demonstrate positive emotional health.
- Describe the relationship between feelings and behavior.
- Describe appropriate ways to express and deal with emotions.
- Describe the importance of being aware of one's own feelings and sensitive to the feelings of others.
- Explain the importance of talking with parents and other trusted adults about feelings.
- Describe the benefits of healthy family relationships.
- Give examples of prosocial behaviors.
- Identify characteristics of a responsible family member.
- Describe the benefits of using nonviolent means to solve interpersonal conflict.
- Describe examples of prosocial behaviors that help prevent conflict.
- Determine if conflicts are simple or serious.
- Decide when a conflict needs adult attention.
- Propose safe, peaceful and fair ways to deal with conflict.
- Describe the benefits of healthy peer relationships.
- Describe healthy ways to express affection, love, friendship and concern.
- Explain the importance of respecting the personal space and boundaries of others.
- Demonstrate effective verbal and nonverbal communication skills.
- Describe how people are similar and different.
- Describe the value of others' talents and strengths.
- Identify characteristics of someone who has self-respect.

Unit - Safety & Violence Prevention

- Describe the difference between bullying, teasing, and conflict.
- Describe what to do if you or someone else is being bullied.
- Identify the impact of conflict, discrimination, and violence on mental and emotional health.
- Demonstrate how a positive bystander is able to access help from a police officer, teacher, nurse, school counselor, parent, guardian, or another trusted adult to help a friend who is feeling unsafe, uncomfortable, or disrespected.
- Describe strategies to follow when approached by a stranger in a variety of situations.
- Explain how familiar people or people in authority can help or harm children.
- Explain the importance of sharing all information with parents, guardians, or trusted adults.
- Demonstrate how to set and respect healthy boundaries while using technology and face-to-face.
- Identify examples of safe uses of technology.
- Demonstrate how a positive bystander is able to access help from a police officer, teacher, nurse, school counselor, parent, guardian, or another trusted adult to help a friend who is feeling unsafe, uncomfortable, or disrespected.
- Identify words and actions that appropriately express affection/positive feelings toward trusted adults and other important people.
- Demonstrate setting and respecting personal boundaries.
- Identify behaviors that constitute sexual mistreatment, grooming, harassment, abuse, assault, and

exploitation.

- Explain how familiar people or people in authority can help or harm children.
- Explain the importance of sharing all information with parents, guardians, or trusted adults.
- Identify words and actions that appropriately express affection or other positive feelings toward trusted adults and other important people or people of authority.
- Explain age-appropriate privacy.
- Identify parts of the body that are private on self and others.
- Explain that it is never a person's fault if someone causes them to feel unsafe.

#### Unit - Substance Abuse Prevention

- Summarize how to use medicines correctly.
- Explain the harmful effects of alcohol and nicotine products, including electronic smoking devices.
- Identify how peers can influence healthy and unhealthy behaviors.
- Describe how the family influences personal health practices and behaviors.
- Identify how peers can influence healthy and unhealthy behaviors.
- Explain how media can influence thoughts, feelings, and health behaviors.
- Identify the influence of culture on health practices and behaviors.
- Demonstrate refusal skills to avoid or reduce health risks.
- Identify health-related situations that might require a thoughtful decision.
- List healthy options for health-related issues or problems.
- Choose a healthy option when making a decision.

#### Unit - Personal Health

- Describe ways to prevent the spread of germs that cause infectious diseases.
- Recognize the benefits of personal health care practices.
- Describe ways to prevent harmful effects of the sun.
- Identify the food groups and nutritious food choices from each.
- Identify the roles that nutrients play in a person's body.
- Describe the benefits of eating a variety of nutritious foods.
- State the benefits of drinking water versus other beverages.
- Describe nutritious eating patterns and the importance of consistent meals and snacks.
- Explain the benefits of eating in moderation and in line with the idea that "all foods fit."
- Explain why sleep and rest are important for proper growth and good health.