

HCPSS Health Education
Level - Elementary
Grade 4 Course Indicators/Objectives

Unit - Social & Emotional Health

- Describe characteristics of accurate and reliable health resources.
- Identify accurate and reliable health resources.
- Identify physical, social and emotional changes that occur in late childhood.
- Describe thoughts and feelings that go with growing and changing.
- Identify ways trusted adults can help with difficult emotions or situations .
- Describe how peers, media, family, society, and culture can influence ideas about body image.
- Describe characteristics of healthy relationships.
- Identify trusted adults to talk to about relationships.
- Identify a benefit of healthy relationships.
- Demonstrate effective verbal and nonverbal communication skills.
- Identify information that should not be shared online.
- Describe strategies for staying safe online.
- Demonstrate the ability to ask a trusted adult for help when feeling personally threatened or unsafe online.

Unit - Safety & Violence Prevention

- Describe how to use nonviolent means to solve interpersonal conflict.
- Describe examples of prosocial behaviors that help prevent conflict.
- Decide when a conflict needs adult attention.
- Propose safe, peaceful and fair ways to deal with conflict.
- Demonstrate healthy ways to manage or resolve conflict.
- Demonstrate how to effectively ask for adult help with serious conflicts.
- Explain the relationship between consent, personal boundaries, and bodily autonomy.
- Identify words and actions that appropriately express affection or other positive feelings toward trusted adults and other important people.
- Explain the relationship between consent, personal boundaries, and bodily autonomy.
- Demonstrate how to set and respect healthy boundaries online and face-to-face.
- Demonstrate what to say and do when witnessing or experiencing something that feels uncomfortable, unsafe, or disrespectful.
- Explain that it is never a person's fault if someone causes them to feel unsafe.
- Explain age-appropriate privacy.
- Identify when to tell an adult about an unsafe situation.
- Explain that it is never a person's fault if someone causes them to feel unsafe.
- Explain the importance of sharing all information with parents, guardians, or trusted adults.
- Create a list of trusted people/community resources to notify or contact if sexual mistreatment, grooming, harassment, abuse, assault, and/or exploitation occur.
- Demonstrate verbal and nonverbal ways to ask trusted adults for help, including how to report unsafe, scary or harmful situations in the home, school, or community.

Unit - Personal Health

- Describe how the family, culture, peers, school, community, media and technology influence food choices.

- Identify the benefits of eating a wide variety of foods as they relate to nutrient categories.
- Summarize the benefits of eating a variety of nutritious foods.
- Explain the importance of eating a variety of nutritious foods.
- Explain nutritious eating patterns and the importance of consistent meals and snacks.
- Analyze the benefits of eating in moderation and in line with the idea that “all foods fit.”
- Explain the benefits of drinking water versus other beverages.
- Describe how to keep food safe from harmful germs including how to avoid cross-contamination.
- Identify responsible personal health behaviors related to eye and ear health.

Unit - Disease Prevention

- Describe the benefits of personal health care practices.
- Explain how universal precautions are effective ways to prevent many infectious diseases.
- Describe how to keep food safe from harmful germs including how to avoid cross-contamination.
- Describe the difference between infectious and non-infectious diseases.
- Describe the benefits of personal health care practices.
- Identify symptoms that are associated with common childhood chronic diseases or conditions such as asthma, allergies, diabetes, and others.