

Health Education Grade 3

The following health education standards are incorporated into each of the instructional units where appropriate:

- Accessing Information
- Self Management
- Analyzing Influences
- Interpersonal Communication
- Decision Making
- Goal Setting
- Advocacy.

UNIT I: Mental Health

Goal. The student will demonstrate the ability to develop knowledge, skills, and attitudes that promote self-awareness and positive relationships with others.

Objectives- The student will be able to:

- a. Identify character traits that contribute to one's uniqueness.
- b. Identify and examine different complex emotions.
- c. Explore ways to communicate care, consideration, and respect for self and others.
- d. Describe and demonstrate the difference between telling and tattling.
- e. Identify and apply age-appropriate strategies for stress management.
- f. Apply a decision-making process to health issues and problems.
- g. Develop strategies for dealing with conflicts in nonviolent ways.
- h. Set a personal health goal and track progress toward its achievement.
- i. Identify components of personal well-being.

UNIT II: Tobacco, Alcohol, and Other Drugs

Goal. The student will demonstrate the ability to develop knowledge, skills, and attitudes that promote awareness of tobacco, alcohol, and other drugs and the use of resistance techniques for avoiding unsafe substances.

Objectives- The student will be able to:

- a. Identify safe practices for prescription and over-the-counter medicines.
- b. Describe the effects of tobacco use and nonuse on the body.
- c. Identify three types of ethyl alcohol: beer, wine, and liquor.
- d. Describe the effects of alcohol use and nonuse on the body.
- e. Practice resistance techniques for avoiding unsafe substances.

UNIT III: Safety, First Aid, and Injury Prevention

Goal. The student will demonstrate the ability to develop knowledge, skills, and attitudes that promote safe living in the home, school, and community.

Objectives- The student will be able to:

- a. Identify appropriate behaviors for potentially dangerous situations.
- b. Explain appropriate responses to emergency situations.
- c. Identify basic first aid procedures.
- d. Identify and describe feelings associated with okay, not okay, and confusing touches.
- e. Define the terms “abuse” and “neglect.”
- f. Recognize and respond to situations of abuse and neglect.
- g. Practice safety strategies for self-protection: asking for help and refusal skills.

UNIT IV: Disease Prevention and Control

Goal. The student will demonstrate an understanding of health promotion and disease prevention concepts to establish a foundation for leading a healthy, productive life.

Objectives- The student will be able to:

- a. Define “virus” and “bacteria” and identify examples of each.
- b. Identify modes of transmission: air, touch, food, and body fluids.
- c. Identify ways to prevent communicable and noncommunicable diseases.
- d. Identify parasites and explain how they infect the body.

NOTE: HIV and AIDS are NOT to be addressed at this grade level.