

National Health Education Standards

## Grades 3-5

### Standard 1

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

Code	Benchmark
1.5.1	Describe the relationship between healthy behaviors and personal health.
1.5.2	Identify examples of emotional, intellectual, physical, and social health.
1.5.3	Describe ways in which safe and healthy school and community environments can promote personal health.
1.5.4	Describe ways to prevent common childhood injuries and health problems.
1.5.5	Describe when it is important to seek health care.

**Standard 2**

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

<b>Code</b>	<b>Benchmark</b>
2.5.1	Describe how family influences personal health practices and behaviors.
2.5.2	Identify the influence of culture on health practices and behaviors.
2.5.3	Identify how peers can influence healthy and unhealthy behaviors.
2.5.4	Describe how the school and community can support personal health practices and behaviors.
2.5.5	Explain how the media influences thoughts, feelings, and health behaviors.
2.5.6	Describe ways that technology can influence personal health.

**Standard 3**

Students will demonstrate the ability to access valid information, products, and services to enhance health.

<b>Code</b>	<b>Benchmark</b>
3.5.1	Identify characteristics of valid health information, products, and services.
3.5.2	Locate resources from home, school, and community that provide valid health information.

**Standard 4**

Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

<b>Code</b>	<b>Benchmark</b>
4.5.1	Demonstrate effective verbal and nonverbal communication skills to enhance health.
4.5.2	Demonstrate refusal skills that avoid or reduce health risks.
4.5.3	Demonstrate nonviolent strategies to manage or resolve conflict.
4.5.4	Demonstrate how to ask for assistance to enhance personal health.

**Standard 5**

Students will demonstrate the ability to use decision-making skills to enhance health.

<b>Code</b>	<b>Benchmark</b>
5.5.1	Identify health-related situations that might require a thoughtful decision.
5.5.2	Analyze when assistance is needed in making a health-related decision.
5.5.3	List healthy options to health-related issues or problems.
5.5.4	Predict the potential outcomes of each option when making a health-related decision.
5.5.5	Choose a healthy option when making a decision.
5.5.6	Describe the outcomes of a health-related decision.

**Standard 6**

Students will demonstrate the ability to use goal-setting skills to enhance health.

<b>Code</b>	<b>Benchmark</b>
6.5.1	Set a personal health goal and track progress toward its achievement.
6.5.2	Identify resources to assist in achieving a personal health goal.

**Standard 7**

Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

<b>Code</b>	<b>Benchmark</b>
7.5.1	Identify responsible personal health behaviors.
7.5.2	Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health.
7.5.3	Demonstrate a variety of behaviors to avoid or reduce health risks.

**Standard 8**

Students will demonstrate the ability to advocate for personal, family, and community health.

<b>Code</b>	<b>Benchmark</b>
8.5.1	Express opinions and give accurate information about health issues.
8.5.2	Encourage others to make positive health choices.