

# 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

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- 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

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- 3 Describe the relationship between feelings and behavior and appropriate ways to express and deal with emotion. 3.1.3

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- 4 Describe the importance of being aware of one's own feelings and being sensitive to the feelings of others. 3.1.4

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- 5 Explain why rest and sleep are important for proper growth and good health. 3.1.5

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- 6 Describe ways to prevent harmful effects of the sun. 3.1.6

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- 7 List examples of dangerous or risky behaviors that might lead to injuries. 3.1.7

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- 8 Identify characteristics of healthy relationships. 3.1.8

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- 9 Describe the benefits of abstaining from tobacco use and explain the dangers of experimenting with tobacco products. 3.1.9

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- 10 Describe what to do if oneself or someone else is being bullied. 3.1.10

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- 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

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- 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**