



## NEW MEXICO EDUCATIONAL STANDARDS

Lessons in the SDHW Written Curriculum that address all or part of all or part of these New Mexico Health Education Standards for **THIRD GRADE**

| <b>Standard 1 - Students will comprehend concepts related to health promotion and disease prevention.</b>   |   |
|---|---|
| Identify/describe/understand the relationships between personal health behaviors and individual well being. | Lessons that address all or part of this benchmark: 1.1, 1.2, 1.3, 1.4, 1.5, 2.1, 2.2, 3.1, 3.2, 3.3, 4.1, 4.2, 4.3, 4.4, 4.5, Assessment                     |
| Describe the basic structure and functions of the human body systems.                                       | Lessons that address all or part of this benchmark: 1.2   |
| Describe how physical, social, and emotional environments influence personal health.                        | Lessons that address all or part of this benchmark: 1.1, 1.2, 1.3, 1.4, 1.5, 2.1, 2.2, 2.3, 2.4, 3.1, 3.2, 3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.4, 4.5, Assessment |

| <b>Standard 2 - Students will demonstrate the ability to access valid health information and health-promoting products and services.</b> |   |
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| Explain how the media influences the selection of health information, products, and services.  | Lessons that address all or part of this benchmark: 4.3 |

| <b>Standard 3 - Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.</b> |   |
|---|---|
| Identify responsible health behaviors.  | Lessons that address all or part of this benchmark: 1.1, 1.2, 1.3, 1.4, 1.5, 2.1, 2.2, 2.3, 2.4, 3.1, 3.2, 3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.4, 4.5, Assessment |
| Identify personal health needs.   | Lessons that address all or part of this benchmark: 1.1, 1.2, 1.3, 1.4, 1.5, 2.1, 2.2, 2.3, 2.4, 3.1, 3.2, 3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.4, 4.5, Assessment |
| Compare behaviors that are safe to those that are risky or harmful.   | Lessons that address all or part of this benchmark: 1.1, 1.2, 1.4, 2.1, 2.2, 2.4, 3.1, 3.2, 3.3, 3.4, 3.5, 4.1, 4.2, 4.5, Assessment                          |
| Develop injury prevention and management strategies for personal health.  | Lessons that address all or part of this benchmark: 1.1, 1.2, 1.5, 2.1, 2.2, 2.3, 2.4, 2.5, 3.1, 3.2, 3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.4, 4.5, Assessment      |

| <b>Standard 4 - Students will analyze the influence of culture, media, technology, and other factors on health.</b> |   |
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| Explain how media influences thoughts, feelings, and health behaviors.  | Lessons that address all or part of this benchmark: 4.3 |

**Standard 5 - Students will demonstrate attentive listening skills to build and maintain health-enhancing relationships.**

Demonstrate attentive listening skills to build and maintain health-enhancing relationships.

Lessons that address all or part of this benchmark:  
1.2, 1.3, 2.1, 2.2, 2.3, 3.1, 3.2, 3.4, 3.5, 4.1, 4.2, 4.3, 4.4

**Standard 6 - Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.**

Predict outcomes of positive health decisions

Lessons that address all or part of this benchmark:  
2.1, 3.1, 3.2, 3.3, 4.1, 4.2, 4.3

**Standard 7 - Students will demonstrate the ability to advocate for personal, family, peer, and community health.**

Express information and opinions about health issues

Lessons that address all or part of this benchmark:  
1.2, 1.5, 2.1, 2.2, 2.3, 3.1, 3.2, 4.3, 4.4

Demonstrate the ability to influence and support others in making health-enhancing choices

Lessons that address all or part of this benchmark:  
1.1, 2.1, 2.2, 3.1, 3.2, 3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.4, 4.5, Assessment