

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 **FOURTH GRADE**

Standard 1 - Students will comprehend concepts related to health promotion and disease prevention.	
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, 1.6, 2.1, 2.2, 2.3, 2.4, 3.1, 3.2, 3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.5, Assessment
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, 1.6, 2.1, 2.2, 2.3, 2.4, 3.1, 3.2, 3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.5, Assessment

Standard 2 - Students will demonstrate the ability to access valid health information and health-promoting products and services.	
Explain how the media influences the selection of health information, products, and services.	Lessons that address all or part of this benchmark: 4.3, 4.5

Standard 3 - Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.	
Identify responsible health behaviors.	Lessons that address all or part of this benchmark: 1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 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, 1.6, 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: 2.1, 2.3, 2.4, 3.1, 3.2, 3.3, 3.4, 3.5, 4.1, 4.2, Assessment
Develop injury prevention and management strategies for personal health.	Lessons that address all or part of this benchmark: 1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 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

Standard 4 - Students will analyze the influence of culture, media, technology, and other factors on health.	
Explain how media influences thoughts, feelings, and health behaviors.	Lessons that address all or part of this benchmark: 4.3, 4.5
Explain how information from school and family influences health.	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, 2.1, 2.2, 2.3, 3.1, 3.2, 4.1, 4.3

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:
1.1, 1.2, 1.5, 1.6, 2.1, 2.2, 2.3, 2.4, 3.1, 3.2, 3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.5, Assessment

Set a personal health goal and track progress toward achievement.

Lessons that address all or part of this benchmark:
3.4

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:
1.4, 2.2, 4.2, 4.3, Assessment

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

Lessons that address all or part of this benchmark:
4.3, 4.5