

NATIONAL EDUCATIONAL STANDARDS

Lessons in the SDHW Written Curriculum that address all or part of all or part of these National Health Education Standards for **FOURTH GRADE**:

Standard 1 - Students will comprehend concepts related to health promotion and disease prevention.	
1.1 - Describe 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
1.4 - Describe how family influences personal health.	Lessons that address all or part of this benchmark: 4.3
1.5 - 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.	
2.3 - Explain how 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.	
3.1 - 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
3.2 - 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
3.3 - 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
3.5 - 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.	
4.2 - Explain how media influences thoughts, feelings, and health behaviors.	Lessons that address all or part of this benchmark: 4.3, 4.5
4.4 - 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 the ability to use interpersonal communication skills to enhance health.

5.5 - Demonstrate attentive listening skills to build and maintain healthy 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.

6.3 - 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

6.4 - Set a personal health goal and track progress toward its achievement.

Lessons that address all or part of this benchmark: 3.4

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

7.2 - 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

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

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