

# National Health Education Standards

The activities in *Healthy Habits for Healthy Kids (Grades 3 and 4)* meet the following National Health Education Standards. For more information about these standards go to [www.cdc.gov/healthyyouth/sher/standards/index.htm](http://www.cdc.gov/healthyyouth/sher/standards/index.htm)

<b>Standard 1. Students will comprehend concepts related to health promotion and disease prevention to enhance health.</b>
<b>Standard 1.5.1</b> Describe the relationship between healthy behaviors and personal health.
<b>Standard 1.5.2</b> Identify examples of emotional, intellectual, physical, and social health.
<b>Standard 1.5.3</b> Describe ways in which safe and healthy school and community environments can promote personal health.
<b>Standard 1.5.4</b> Describe ways to prevent common childhood injuries and health problems.
<b>Standard 1.5.5</b> Describe when it is important to seek health care.
<b>Standard 2. Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.</b>
<b>Standard 2.5.1</b> Describe how the family influences personal health practices and behaviors.
<b>Standard 2.5.2</b> Identify the influence of culture on health practices and behaviors.
<b>Standard 2.5.3</b> Identify how peers can influence healthy and unhealthy behaviors.
<b>Standard 2.5.4</b> Describe how the school and community can support personal health practices and behaviors.
<b>Standard 2.5.5</b> Explain how media influences thoughts, feelings, and health behaviors.
<b>Standard 2.5.6</b> Describe ways that technology can influence personal health.
<b>Standard 3. Students will demonstrate the ability to access valid information, products, and services to enhance health.</b>
<b>Standard 3.5.1</b> Identify characteristics of valid health information, products, and services.
<b>Standard 3.5.2</b> Locate resources from home, school, and community that provide valid health information.
<b>Standard 4. Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.</b>
<b>Standard 4.5.1</b> Demonstrate effective verbal and nonverbal communication skills to enhance health.
<b>Standard 4.5.2</b> Demonstrate refusal skills that avoid or reduce health risks.
<b>Standard 4.5.3</b> Demonstrate nonviolent strategies to manage or resolve conflict.
<b>Standard 4.5.4</b> Demonstrate how to ask for assistance to enhance personal health.
<b>Standard 5. Students will demonstrate the ability to use decision-making skills to enhance health.</b>
<b>Standard 5.5.1</b> Identify health-related situations that might require a thoughtful decision.
<b>Standard 5.5.2</b> Analyze when assistance is needed in making a health-related decision.
<b>Standard 5.5.3</b> List healthy options to health-related issues or problems.
<b>Standard 5.5.4</b> Predict the potential outcomes of each option when making a health-related decision.
<b>Standard 5.5.5</b> Choose a healthy option when making a decision.
<b>Standard 5.5.6</b> Describe the outcomes of a health-related decision.
<b>Standard 6. Students will demonstrate the ability to use goal-setting skills to enhance health.</b>
<b>Standard 6.5.1</b> Set a personal health goal and track progress toward its achievement.
<b>Standard 6.5.2</b> Identify resources to assist in achieving a personal health goal.
<b>Standard 7. Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.</b>
<b>Standard 7.5.1</b> Identify responsible personal health behaviors.
<b>Standard 7.5.2</b> Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health.
<b>Standard 7.5.3</b> Demonstrate a variety of behaviors to avoid or reduce health risks.
<b>Standard 8. Students will demonstrate the ability to advocate for personal, family, and community health.</b>
<b>Standard 8.5.1</b> Express opinions and give accurate information about health issues.
<b>Standard 8.5.2</b> Encourage others to make positive health choices.