Grade Level: Elementary **Grade: _____** **Teacher: _____**

Health Education Content Areas ± / Standards and Performance Indicators	Community Health	Consumer Health	Environmental Health	Family Life Education	Growth and Development	Personal Health Including Mental and Emotional Health	Nutritional Health	Prevention and Control of Disease and Disorders	Safety and Accident Prevention	Substance Use and Abuse
A. HEALTH CONCEPTS 1. Describe the relationship between healthy practices and personal health (e.g., eating well and exercise). 2. Identify indicators of physical, mental, emotional, and social health during childhood. 3. Describe the basic structures and functions of the human body systems. 4. Identify common health problems of children that should be detected and treated early. 5. Describe ways in which a healthful school and community environment influences personal health. 6. Explain the difference between positive and negative responses to stress. 7. Demonstrate essential understanding of basic health concepts.										
B. HEALTH INFORMATION, SERVICES, & PRODUCTS 1. Identify characteristics of valid health information, products, and services that promote health. 2. Demonstrate ways to locate school and community health helpers. 3. Identify community agencies that advocate healthy individuals, families, and communities.										

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C. HEALTH PROMOTION AND RISK REDUCTION 1. Compare behaviors that are safe to those that are risky or harmful (e.g., bicycle safety, handling weapons, use of medicine). 2. Develop injury prevention and safety strategies for personal health. 3. Demonstrate basic care of human body systems. 4. Demonstrate healthful and safe ways to deal with or avoid threatening and stressful situations.										
D. INFLUENCES ON HEALTH 1. Evaluate the influences of culture on health. 2. Explain how media influences health decisions. 3. Describe ways technology affects personal health. 4. Describe ways to be a responsible friend and family member.										
E. COMMUNICATION SKILLS 1. Use appropriate communication and listening skills to enhance health. 2. Differentiate between negative and positive ways to deal with conflict. 3. Demonstrate non-violent strategies to resolve conflicts. 4. Express opinions and give accurate information about health issues.										
F. DECISION-MAKING AND GOAL SETTING 1. Demonstrate the ability to apply a decision-making process to health issues and problems. 2. Predict the results of positive health decisions.										