

Kentucky Academic Standards for Health Education
Grade 3

Standard 1	Content Comprehension	Performance Indicators
<p>Students will comprehend content related to health promotion and disease prevention to enhance health.</p>	<p>The acquisition of basic health content and functional health knowledge provides a foundation for promoting health-enhancing behaviors among Kentucky youth.</p>	<p>3.1.1. Explain the potential risks associated with inappropriate use and abuse of prescription medicines.</p> <p>3.1.2. Identify the amount of water and food from each food group that a child needs daily and describe the benefits of drinking water and eating healthy.</p> <p>3.1.3. Describe the relationship between feelings and behavior and appropriate ways to express and deal with emotion.</p> <p>3.1.4. Describe the importance of being aware of one’s own feelings and being sensitive to the feelings of others.</p> <p>3.1.5. Explain why rest and sleep are important for proper growth and good health.</p> <p>3.1.6. Describe ways to prevent harmful effects of the sun.</p> <p>3.1.7. List examples of dangerous or risky behaviors that might lead to injuries.</p> <p>3.1.8. Identify characteristics of healthy relationships.</p> <p>3.1.9. Describe the benefits of abstaining from tobacco use and explain the dangers of experimenting with tobacco products.</p> <p>3.1.10. Describe what to do if oneself or someone else is being bullied.</p> <p>3.1.11 Explain that everyone has the right to tell others not to touch his or her body.</p>
Standard 2	Practices for Analyzing Influences	Performance Indicators
<p>Analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.</p>	<p>Health is affected by a variety of positive and negative influences: family, peers, community (including school), culture and media.</p>	<p>3.2.1. Explain how peers can influence healthy and unhealthy behaviors.</p>

Standard 3	Practices for Accessing Valid Information	Performance Indicators
Access valid information, products and services to enhance health.	Access to valid health information and health-promoting products and services is critical in the prevention, early detection and treatment of health problems.	<p>3.3.1. Identify characteristics of valid health information.</p> <p>3.3.2. Identify characteristics of accurate and reliable resources for health information.</p>
Standard 4	Practices for Communication	Performance Indicators
Use interpersonal communication skills to enhance health and avoid or reduce health risks.	Effective communication enhances personal, family and community health.	<p>3.4.1. Demonstrate verbal and non-verbal ways of communicating with others.</p> <p>3.4.2. Identify healthy ways to effectively communicate when resolving conflict.</p> <p>3.4.3. Identify refusal skills that avoid or reduce health risks and explain why they are important</p> <p>3.4.4. Demonstrate ways to tell a trusted adult if threatened or harmed.</p> <p>3.4.5. Explain the role of empathy and compassion when listening to others.</p>
Standard 5	Practices for Decision-Making	Performance Indicators
Use decision-making skills to enhance health.	Decision-making skills are needed to identify, implement and sustain health-enhancing behaviors.	<p>3.5.1. Identify the influences family, peers and media have on personal health decisions.</p> <p>3.5.2. Identify health-related situations that might require an informed decision.</p> <p>3.5.3. Identify how community, school, media and technology influence a decision related to personal health.</p>

Standard 6	Practices for Goal-Setting	Performance Indicators
Use goal-setting skills to enhance health.	Goal setting skills are essential to help students identify, adopt and maintain healthy behaviors.	<p>3.6.1. Set long-term goals for positive physical, mental or emotional health.</p> <p>3.6.2. Establish a long-term plan for achieving goals.</p> <p>3.6.3. Identify resources in the family, school or community that can help with the achievement of health-related goals.</p>
Standard 7	Practices for Health-Enhancing Behaviors	Performance Indicators
Practice health-enhancing behaviors and avoid or reduce health risks.	Research confirms practicing health-enhanced behaviors can prevent many diseases and injuries and reduce harmful and risk-taking behaviors such as abuse and neglect, drug abuse, prescription drug abuse and sexual activity.	<p>3.7.1. Describe the importance of developing positive health habits.</p> <p>3.7.2. Identify behaviors that reduce or prevent health risks of disease and injuries.</p> <p>3.7.3. Explain positive health behaviors related to personal wellness, physical activity and safety.</p>
Standard 8	Practices for Advocating	Performance Indicators
Advocate for personal, family and community health.	Advocacy skills help students promote healthy norms and healthy behaviors.	<p>3.8.1. State personal beliefs that may improve the health of self and others.</p> <p>3.8.2. Identify factual information needed to advocate to improve the personal health and wellness of others.</p>