

# Oakwood City School District

## Health - Fourth Grade

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#### PERSONAL HEALTH AND WELLNESS

- Practice appropriate hygiene habits.
- Get an appropriate amount of sleep and rest.
- Prevent damage from the sun.
- Describe the benefits of personal health care practices such as tooth brushing and flossing, washing hair and bathing regularly.
- Explain why sleep and rest are important for proper growth and good health.
- Describe ways to prevent harmful effects of the sun.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

#### MENTAL AND EMOTIONAL HEALTH

- Express feelings in a healthy way.
- Prevent and manage interpersonal conflict in healthy ways.
- Prevent and manage emotional stress and anxiety in healthy ways.
- Use self-control and impulse-control strategies to promote health.
- Describe the importance of being aware of one's own feelings and of being sensitive to the feelings of others.
- Identify characteristics of someone who has self-control.
- Identify characteristics of a mentally and emotionally healthy person.
- Explain what it means to be mentally or emotionally healthy.
- Describe the relationship between feelings and behavior.
- Identify role models who demonstrate positive emotional health.
- Describe appropriate ways to express and deal with emotions.
- Describe healthy ways to express affection, love, friendship, and concern.
- Explain the importance of talking with parents and other trusted adults about feelings.
- Identify feelings and emotions associated with loss and grief.
- Identify feelings of depression, sadness, and hopelessness for which someone should seek help.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making to enrich health

## ALCOHOL, TOBACCO AND OTHER DRUG PREVENTION

- Avoid misuse and abuse of over-the-counter and prescription drugs.
- Explain why household products are harmful if intentionally absorbed or inhaled.
- Explain the benefits of medicines when used correctly.
- Explain how to use medicines correctly.
- Describe potential risks associated with inappropriate use of over-the-counter medicines.
- Explain the potential risks associated with inappropriate use and abuse of prescription medicines.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

## VIOLENCE PREVENTION

- Manage personal conflict in nonviolent ways.
- Describe the benefits of using non-violent means to solve interpersonal conflict.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

## SEXUAL HEALTH

- Progress through puberty in a healthy way.
- Describe basic male and female reproductive body parts and their functions. (taught to genders separately)
- Describe the physical, social, and emotional changes that occur during puberty.
- Explain how puberty and development can vary greatly and still be normal.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to advocate for personal, family, and community health.

