

Kentucky Academic Standards for Health Education

Grade 3

Standard 1	Content Comprehension	Performance Indicators
Students will comprehend content related to health promotion and disease prevention to enhance health.	The acquisition of basic health content and functional health knowledge provides a foundation for promoting health-enhancing behaviors among Kentucky youth.	<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
Analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.	Health is affected by a variety of positive and negative influences: family, peers, community (including school), culture and media.	<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.	3.6.1. Set long-term goals for positive physical, mental or emotional health. 3.6.2. Establish a long-term plan for achieving goals. 3.6.3. Identify resources in the family, school or community that can help with the achievement of health-related goals.
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.	3.7.1. Describe the importance of developing positive health habits. 3.7.2. Identify behaviors that reduce or prevent health risks of disease and injuries. 3.7.3. Explain positive health behaviors related to personal wellness, physical activity and safety.
Standard 8	Practices for Advocating	Performance Indicators
Advocate for personal, family and community health.	Advocacy skills help students promote healthy norms and healthy behaviors.	3.8.1. State personal beliefs that may improve the health of self and others. 3.8.2. Identify factual information needed to advocate to improve the personal health and wellness of others.