

WYOMING HEALTH CONTENT STANDARDS

GRADE 4 BENCHMARKS

1. HEALTH PROMOTION AND DISEASE PREVENTION - *Students will comprehend concepts related to health promotion and disease prevention.*

- **HE4.1.1** Students demonstrate an understanding of developmentally appropriate relationships between alcohol and other drug use, misuse, abuse and addiction and healthy lifestyles, health behaviors, and health risks.
- **HE4.1.2** Students demonstrate an understanding of developmentally appropriate relationships between family life and sexuality and healthy lifestyles, health behaviors, and health risks.
- **HE4.1.3** Students demonstrate an understanding of developmentally appropriate relationships between injury prevention and safety and healthy lifestyles, health behaviors, and health risks.
- **HE4.1.4** Students demonstrate an understanding of developmentally appropriate relationships between tobacco use and addiction and healthy lifestyles, health behaviors, and health risks.
- **HE4.1.5** Students demonstrate an understanding of developmentally appropriate relationships between nutrition and healthy lifestyles, health behaviors, and health risks.
- **HE4.1.6** Students demonstrate an understanding of developmentally appropriate relationships between prevention and control of disease and healthy lifestyles, health behaviors, and health risks.

2. ACCESSING HEALTH INFORMATION, PRODUCTS, AND SERVICES - *Students demonstrate the health skill of accessing valid health information and health-promoting products and services.*

- **HE4.2.1** Students locate information on products and services and recognize the validity of that information.

3. SELF MANAGEMENT - *Students demonstrate the health skill of practicing health-enhancing behaviors and reduce health risks.*

- **HE4.3.1** Students demonstrate the ability to identify and practice developmentally appropriate health-enhancing behaviors to reduce health risks.

4. INFLUENCE OF CULTURE, MEDIA, AND TECHNOLOGY -

Students use the health skill of analyzing the influence of culture, media, technology, and other factors on health.

- **HE4.4.1** Students describe how culture, technology, messages from the media, peers, role models, and family influence health enhancing behaviors and health risks.

5. INTERPERSONAL COMMUNICATION - *Students demonstrate the health skill of using interpersonal communication skills to enhance health.*

- **HE4.5.1** Students demonstrate an understanding of verbal and nonverbal refusal and conflict resolution strategies to enhance health and reduce risks.
- **HE4.5.2** Students demonstrate healthy ways to express needs, wants, and feelings.

6. GOAL-SETTING AND DECISION-MAKING SKILLS - *Students demonstrate the health skill of goal setting and decision making skills to enhance health.*

- **HE4.6.1** Students describe goal-setting strategies to set personal goals to enhance health.
- **HE4.6.2** Students describe decision-making strategies to make decisions to enhance health.