

Standards Correlation Guidance
Grades 3-5

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.	
Core Health Concepts	
Indiana Academic Standards 2017	Indiana Academic Standards 2010
5.1.1 Describe the relationship between healthy behaviors and personal health.	3.1.1 Identify the link between healthy choices and being healthy.
	4.1.1 Explain the connection between behaviors and personal health.
	5.1.1 Describe the relationship between healthy behaviors and personal health.
5.1.2 Identify examples of emotional, intellectual, physical, and social health.	3.1.2 Give examples of physical and emotional health.
	4.1.2 Recognize examples of intellectual and social health.
	5.1.2 Identify examples of emotional, intellectual, physical, and social health.
5.1.3 Explain ways in which school and community environments can promote personal health.	3.1.3 Identify how a safe and healthy school environment promotes personal health.
	4.1.3 Summarize ways in which a safe and healthy community environment can promote health.
	5.1.3 Describe ways in which a safe and healthy school and community environment can promote personal health.
5.1.4 Describe ways to prevent common childhood injuries and health problems.	3.1.4 Identify ways to prevent common childhood injuries.
	4.1.4 Explain ways to prevent common health problems.

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Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.	
Core Health Concepts	
Indiana Academic Standards 2017	Indiana Academic Standards 2010
5.1.4 Describe ways to prevent common childhood injuries and health problems.	5.1.4 Describe ways to prevent common childhood injuries and health problems.
5.1.5 Recognize when it is important to seek health care.	3.1.5 Recognize times when it might be important to seek health care.
	4.1.5 Explain how to prevent illness by seeking care from medical personnel.
	5.1.5 Describe when it is important to seek health care.

Standard 2: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.	
Analyzing Influences	
Indiana Academic Standards 2017	Indiana Academic Standards 2010
5.2.1 Describe how the family influence personal health practices and behaviors.	3.2.1 Recall how the family influences personal health and wellness practices.
	4.2.1 Describe how the family influences personal health and behaviors.
	5.2.1 Describe how the family influences personal health practices and behaviors.
5.2.2 Describe how the school and community can support personal health practices and behaviors.	3.2.2 Observe the influence of culture on health practices.
	4.2.2 Illustrate the influence of culture on health and behaviors.
	5.2.2 Identify the influence of culture on health practices and behaviors.

Standard 2: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.	
Analyzing Influences	
Indiana Academic Standards 2017	Indiana Academic Standards 2010
5.2.3 Explain how the media can influence thoughts, feelings, and health behaviors.	3.2.3 State how peers can influence healthy behaviors.
	4.2.3 Determine how peers can influence unhealthy behaviors and promote wellness.
	5.2.3 Identify how peers can influence healthy and unhealthy behaviors.
5.2.4 Recognize how peers can influence healthy and unhealthy behaviors.	3.2.4 Discuss how the school can support personal health behaviors.
	4.2.4 Identify how the community can support personal health practices.
	5.2.4 Describe how the school and community can support personal health practices and behaviors.
5.2.5 Identify the influence of culture on health beliefs, practices, and behaviors.	3.2.5 Identify how media and technology influence health behaviors.
	4.2.5 Describe how media and technology can influence health behaviors.
	5.2.5 Explain how the media influences thoughts, feelings and health behaviors.
5.2.6 Describe ways technology can influence personal health.	5.2.6 Describe ways technology can influence personal health.

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Standard 3: Students will demonstrate the ability to access valid information, products and services to enhance health.	
Accessing Resources	
Indiana Academic Standards 2017	Indiana Academic Standards 2010
5.3.1 Identify characteristics of valid health information, products, and services.	3.3.1 State characteristics of valid health products and services.
	4.3.1 Recognize characteristics of valid health information and services.
	5.3.1 Identify characteristics of valid health information, products and services.
5.3.2 Locate resources from home, school, and community that provide valid health information.	3.3.2 Name resources from home and school that provide valid health information.
	4.3.2 Identify resources from the community that provide valid health and wellness information.
	5.3.2. Locate resources from home, school and community that provide valid health information.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	
Communication Skills	
Indiana Academic Standards 2017	Indiana Academic Standards 2010
5.4.1 Formulate effective (assertive) verbal and nonverbal communication strategies.	3.4.1 Name effective nonverbal communication skills to enhance health and wellness.
	4.4.1 Explain effective verbal communication skills to enhance health.
	5.4.1. Demonstrate effective verbal and nonverbal communication skills to enhance health.
5.4.2 Demonstrate the ability to actively listen to enhance health.	3.4.2 Identify refusal strategies that reduce health risks.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	
Communication Skills	
Indiana Academic Standards 2017	Indiana Academic Standards 2010
5.4.2 Demonstrate the ability to actively listen to enhance health.	4.4.2 Show refusal skills that avoid health risks.
	5.4.2. Demonstrate refusal skills that avoid or reduce health risks.
5.4.3 Explain healthy ways to express needs, wants and feelings.	3.4.3 Suggest nonviolent strategies to manage conflict.
	4.4.3 Practice nonviolent strategies to resolve conflict.
	5.4.3. Demonstrate nonviolent strategies to manage or resolve conflict.
5.4.4 Determine ways to communicate kindness and respect for others.	3.4.4 Illustrate how to ask for assistance with a difficult personal situation.
	4.4.4 Model how to ask for support to enhance personal health and wellness.
	5.4.4. Demonstrate how to ask for assistance to enhance personal health.
5.4.5 Describe refusal skills to avoid or reduce health risks.	
5.4.6 Model how to ask for assistance to enhance personal health.	
5.4.7 Analyze strategies to prevent and manage conflict.	
5.4.8 Recognize barriers to healthy communication.	

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.	
Decision Making	
Indiana Academic Standards 2017	Indiana Academic Standards 2010
5.5.1 Identify personal health decisions and influences.	3.5.1 Indicate routine health-related situations.
	4.5.1 Explain situations that may require a thoughtful health-related decision.
	5.5.1 Identify health-related situations that may require a thoughtful decision.
5.5.2 Locate and use information to enhance health.	3.5.2 Identify when support is needed when making a health-related decision.
	4.5.2 Determine when help is needed to make a health-related decision.
	5.5.2 Analyze when assistance is needed in making a health-related decision.
5.5.3 Predict health risk of decisions to self and others.	3.5.3 Tell options to health-related issues or problems.
	4.5.3 Indicate healthy alternatives to health-related issues or problems.
	5.5.3 List healthy options to health-related issues or problems.
5.5.4 Identify important steps to take when making a health related decision.	3.5.4 Indicate the possible consequences of each choice when making a health-related decision.
	4.5.4 Describe the possible consequences of each option when making a health-related decision.
	5.5.4 Predict the potential outcomes of each option when making a health-related decision.

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

Decision Making	
Indiana Academic Standards 2017	Indiana Academic Standards 2010
5.5.5 Assume responsibility for personal health decisions.	3.5.5 Identify a healthy choice when making a decision.
	4.5.5 Determine a healthy alternative when making a decision.
	5.5.5 Choose a healthy option when making a decision.
	5.5.6 Describe the outcomes of a health-related decision.

Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.

Goal Setting	
Indiana Academic Standards 2017	Indiana Academic Standards 2010
5.6.1 Explain the benefits of planning and setting personal health goals.	3.6.1 Select a personal health goal and track progress.
	4.6.1 Plan a personal health goal and how to monitor its progress.
	5.6.1 Set a personal health goal and track progress toward its achievement.
5.6.2 Develop a personal health goal and a plan to achieve it.	3.6.2 Recognize resources to achieve a personal health goal.
	4.6.2 Discuss resources to help achieve a personal health goal.
	5.6.2 Recognize resources to assist in achieving a personal health goal.

Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.

Goal Setting	
Indiana Academic Standards 2017	Indiana Academic Standards 2010
5.6.3 Identify possible barriers to achieving the personal health goal.	
5.6.4 Demonstrate how to achieve the personal health goal and express awareness of possible barriers in the plan.	
5.6.5 Examine the impact of personal choices on the personal health goal.	
5.6.6 Identify who can help in achieving the personal health goal.	
5.6.7 Monitor and evaluate progress towards achieving the personal health goal.	

Standard 7: Students demonstrate the ability to practice strategies and skills to enhance personal health and reduce health risks.

Practicing Healthy Behaviors	
Indiana Academic Standards 2017	Indiana Academic Standards 2010
5.7.1 Explain character traits and behaviors of a healthy and safe person.	3.7.1 Name healthy behaviors.
	4.7.1 Describe positive health behaviors.
	5.7.1 Identify responsible personal health behaviors.

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Standard 7: Students demonstrate the ability to practice strategies and skills to enhance personal health and reduce health risks.	
Practicing Healthy Behaviors	
Indiana Academic Standards 2017	Indiana Academic Standards 2010
5.7.2 Identify specific ways to avoid or reduce health and safety risks.	3.7.2 Identify a healthy practice to maintain personal health and wellness.
	4.7.2 Describe a healthy behavior to improve personal health and wellness.
	5.7.2 Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health.
	3.7.3 Recognize actions to avoid health risks.
	4.7.3 Describe behaviors to reduce health risks.
	5.7.3 Demonstrate a variety of behaviors to avoid or reduce health risks.

Standard 8: Students will demonstrate the ability to advocate for personal, family and community health.	
Advocacy	
Indiana Academic Standards 2017	Indiana Academic Standards 2010
5.8.1 Identify personal, family, school or community health and safety concerns.	3.8.1 Share correct information about a health issue
	4.8.1 Give accurate information about a health issue.
	5.8.1 Express opinions and give accurate information about health issues.
5.8.2 Select a health or safety issue on which to take a stand.	3.8.2 Tell how to help others to make positive choices
	4.8.2 Illustrate how to assist others to make positive health choices.
	5.8.2 Encourage others to make positive health choices.

Standard 8: Students will demonstrate the ability to advocate for personal, family and community health.

Advocacy	
Indiana Academic Standards 2017	Indiana Academic Standards 2010
5.8.3 Locate evidence about the health or safety issue.	
5.8.4 Identify groups, or others who advocate for the health issue.	
5.8.5 Clarify personal beliefs regarding the health or safety issue.	
5.8.6 Take a clear health-enhancing stand.	
5.8.7 Use a communication technique to inform others about a health or safety issue.	
5.8.8 Identify an audience and adapt the health or safety message and communication technique to the characteristics of the individual or group.	