

# Maryland Comprehensive Health Education Framework

## Grade 4

### [Maryland Comprehensive Health Education Framework](#)

#### **Mental and Emotional Health**

- Describe situations that trigger strong emotions and safe and unsafe ways to respond. 1a.4.2 (Move, Move, Move)
- Identify respectful ways to show empathy to others. 1a.4.3 (Physical Education)

#### **Substance Abuse and Prevention**

- Identify short and long-term effects of alcohol, nicotine, and caffeine. 1b.4.5 (School Counseling)

#### **Safety and Violence Prevention**

- Demonstrate what to say and do when witnessing or experiencing something that feels uncomfortable, unsafe, or disrespectful. 1d.4.17 (School Counseling)
- Explain that it is never a person's fault if someone causes them to feel unsafe. 1d.4.18 (School Counseling)

#### **Healthy Eating**

- Explain the importance of eating a variety of nutritious foods. 1e.4.1 (Physical Education)
- Explain the benefits of drinking water versus other beverages. 1e.4.4 (Physical Education)

### [National Health Education Standards](#)

#### Standard 4: Interpersonal Communication

Demonstrate effective verbal and non-verbal communication skills to enhance health. 4.E2.a

#### Standard 6: Goal Setting

Set a personal health goal and track progress toward its achievement. 6.E2.a

Identify resources to assist in achieving a personal health goal. 6.E2.b