

## New Mexico Health Education Standards: Grade 4 Addressed by *Puberty: The Wonder Years* 2021 Edition

**Content Standard 1: Students will comprehend concepts related to health promotion and disease prevention.**

Benchmark	PWY Lessons
Benchmark 1: identify/describe/understand the relationship between personal health behaviors and individual well-being:	4-6
Benchmark 2: identify examples of mental, emotional, social and physical health during childhood:	4-4, 4-5
Benchmark 3: describe the basic structure and functions of the human body systems:	4-4, 4-5. 4-6 Add-On A, B, C
Benchmark 4: describe how physical, social and emotional environments influence personal health:	4-2
Benchmark 5: identify common health issues of children:	4-6
Benchmark 6: identify health problems that should be detected and treated early and explain how childhood injuries and illnesses can be prevented or treated:	4-6

**Content Standard 2: Students will demonstrate the ability to access valid health information and health-promoting products and services.**

Benchmark	PWY Lesson
Benchmark 1: identify characteristics of valid health information and health-promoting products and services:	4-1
Benchmark 2: demonstrate the ability to locate resources from home, school and community that provide valid health information:	4-1
Benchmark 3: explain how the media influences the selection of health information, products and services:	-
Benchmark 4: demonstrate the ability to locate school and community health helpers:	4-1

**Content Standard 3: Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.**

Benchmark	PWY Lesson
Benchmark 1: identify responsible health behaviors:	4-6
Benchmark 2: identify personal health needs:	4-4, 4-5
Benchmark 3: compare behaviors that are safe to those that are risky or harmful:	Add-On F

Benchmark 4: demonstrate strategies to improve or maintain personal health:	4-6 Add-On F
Benchmark 5: develop injury prevention and management strategies for personal health:	Add-On F
Benchmark 6: demonstrate ways to avoid and reduce threatening situations:	Add-On F
Benchmark 7: apply skills to manage stress:	-

**Content Standard 4: Students will analyze the influence of culture, media, technology, and other factors on health.**

Benchmark	PWY Lesson
Benchmark 1: describe how cultures within the local community influence personal health behaviors:	4-3
Benchmark 2: Explain how media influences thoughts, feelings and health behaviors:	-
Benchmark 3: describe ways technology can influence personal health:	-
Benchmark 4: explain how information from school and family influences health:	4-1

**Content Standard 5: Students will demonstrate the ability to use interpersonal communication skills to enhance health.**

Benchmark	PWY Lesson
Benchmark 1: distinguish between verbal and non-verbal communication:	4-1, 4-2, 4-3
Benchmark 2: describe characteristics needed to be a responsible friend and family member:	4-2, 4-3
Benchmark 3: demonstrate positive ways to express needs, wants and feelings:	4-2 Add-On F
Benchmark 4: demonstrate ways to communicate care, consideration and respect of self and others:	4-2, 4-3 Add-On F
Benchmark 5: demonstrate attentive listening skills to build and maintain health-enhancing relationships:	4-3
Benchmark 6: demonstrate refusal skills and explain why they are important to enhance health:	Add-On F
Benchmark 7: differentiate between negative and positive behaviors used in conflict situations:	4-3 Add-On F
Benchmark 8: demonstrate non-violent strategies to resolve conflicts:	Add-On F

**Content Standard 6: Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.**

<b>Benchmark</b>	<b>PWY Lesson</b>
Benchmark 1: demonstrate the ability to apply a decision-making process to health issues and problems:	4-6
Benchmark 2: explain when to ask for assistance in making health-related decisions and setting health goals:	4-1 Add-On F
Benchmark 3: predict outcomes of positive health decisions:	4-6
Benchmark 4: set a personal health goal and track progress toward achievement:	4-6

**Content Standard 7: Students will demonstrate the ability to advocate for personal, family, peer, and community health.**

<b>Benchmark</b>	<b>PWY Lesson</b>
Benchmark 1: describe a variety of methods to convey accurate health information and ideas:	4-1
Benchmark 2: express information and opinions about health issues:	4-3
Benchmark 3: identify community agencies/resources that advocate for healthy individuals, families, peers and communities:	4-1
Benchmark 4: demonstrate the ability to influence and support others in making health-enhancing choices:	4-2, 4-3, 4-6