

## Here's Looking At You - Grade 3

Lessons	Health Benchmarks	Language Arts Benchmarks	Science Benchmarks
<b><u>Lesson 1: Foxy Tells His Story</u></b>	Describe ways to communicate care, consideration, and respect for self and others. 4:1:a		
<b><u>Lesson 2: Everybody Counts</u></b>	Describe ways to communicate care, consideration, and respect for self and others. 4:1:a		
<b><u>Lesson 3: Learning About Drugs</u></b>	Describe the basic structure and functions of the human body systems. 1:2:a  Describe examples of risky and harmful behavior. 3:1:a  Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c  Develop effective interpersonal communication skills. 4:1:c		
<b><u>Lesson 4: A Drug that's not a Medicine</u></b>	Determine how appropriate and inappropriate health practices affect self and family. 1:1:c  Describe the basic structure and functions of the human body systems. 1:2:a  Describe examples of risky and harmful behavior. 3:1:a  Explore how personal choices can affect one's health. 3:3:a  Determine the role of personal responsibility in health-related decision making. 3:3:b  Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c		
<b><u>Lesson 5: Monica and the Powerful Drug</u></b>	Determine how appropriate and inappropriate health practices affect self and family. 1:1:c  Describe the basic structure and functions of the human body systems. 1:2:a  Describe examples of risky and harmful behavior. 3:1:a		

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<b><u>Lesson 5 (Cont.)</u></b>	<p>Describe how social pressure can influence risk-taking behaviors. 3:1:b</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Determine the role of personal responsibility in health-related decision making. 3:3:b</p> <p>Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c</p> <p>Describe behaviors which support others in making healthy choices. 5:3:a</p>		
<b><u>Lesson 6: Marijuana</u></b>	<p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Describe the basic structure and functions of the human body systems. 1:2:a</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Determine the role of personal responsibility in health-related decision making. 3:3:b</p> <p>Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c</p>		
<b><u>Lesson 7: Check It Out!</u></b>	<p>Examine the media's impact on personal health decisions and practices. 2:1:b</p> <p>Describe ways technology influences personal health decisions and practices. 2:1:c</p> <p>Describe how social pressure can influence risk-taking behaviors. 3:1:b</p> <p>Determine the role of personal responsibility in health-related decision making. 3:3:b</p>	<p>Examine numerous information/ reference sources for a variety of purposes, e.g., internet, CD-Rom, print materials, video materials, and library. 1-4-a</p> <p>Gather and sort specific information/ sources to make informed decisions. 1-4-c</p> <p>Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3-2-a</p> <p>Describe ways to assess the validity and accuracy of oral and visual information. 3-2-b</p>	

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<b><u>Lesson 8: Foxy, Stop! - Day 1</u></b>	<p>Differentiate between negative and positive behaviors in conflict situations. 4:3:a</p> <p>Describe appropriate conflict resolution strategies. 4:3:b</p> <p>Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c</p>		
<b><u>Lesson 9: Foxy, Stop! - Day 2</u></b>	<p>Differentiate between negative and positive behaviors in conflict situations. 4:3:a</p> <p>Describe appropriate conflict resolution strategies. 4:3:b</p> <p>Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c</p>	<p>Apply fundamental conventions of language in written work. 2-1-a</p> <p>Use descriptive vocabulary and proper spelling in written work. 2-1-b</p> <p>Revise and edit written work using fundamental conventions or language. 2-1-c</p> <p>Write to explain prior knowledge about various topics. 2-4-a</p>	
<b><u>Lesson 10: Foxy, Stop! - Day 3</u></b>	<p>Differentiate between negative and positive behaviors in conflict situations. 4:3:a</p> <p>Describe appropriate conflict resolution strategies. 4:3:b</p> <p>Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c</p>	<p>Apply fundamental conventions of language in written work. 2-1-a</p> <p>Use descriptive vocabulary and proper spelling in written work. 2-1-b</p> <p>Revise and edit written work using fundamental conventions or language. 2-1-c</p> <p>Write to interpret and use new or unfamiliar information. 2-4-b</p>	
<b><u>Lesson 11: Let's Have Fun</u></b>	<p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c</p>		
<b><u>Lesson 12: John has a Disease</u></b>	<p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Describe how social, emotional, and physical health are interrelated. 1:2:b</p> <p>Describe situations when professional services are needed for personal health. 2:3:a</p>	<p>Apply fundamental conventions of language in written work. 2-1-a</p> <p>Use descriptive vocabulary and proper spelling in written work. 2-1-b</p> <p>Revise and edit written work using fundamental conventions or language. 2-1-c</p>	

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<u>Lesson 12 (Cont.)</u>		Use appropriate organization based on the established writing purpose and intended audience. 2-2-a	
<u>Lesson 13: The Roller Coaster</u>	<p>Explore and problem-solve ways to properly express feelings. 1:1:a</p> <p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Describe how social, emotional, and physical health are interrelated. 1:2:b</p> <p>Describe situations when professional services are needed for personal health. 2:3:a</p> <p>Explore ways to contact or obtain health services. 2:3:b</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Describe ways to communicate care, consideration, and respect for self and others. 4:1:a</p> <p>Describe behaviors which support others in making healthy choices. 5:3:a</p>		
<u>Lesson 14: Many Feelings</u>	<p>Explore and problem-solve ways to properly express feelings. 1:1:a</p> <p>Describe healthy ways to express needs, wants, and feelings. 4:2:a</p>		
<u>Lesson 15: Step Right Up to Health</u>	<p>Explain ways to achieve and maintain good health. 3:2:b</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Determine the role of personal responsibility in health-related decision making. 3:3:b</p>		
<u>Lesson 16: Foxy's Farewell</u>	<p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Determine the role of personal responsibility in health-related decision making. 3:3:b</p> <p>Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c</p>		