

**Helena Public Schools  
Grade 4  
School Counselor  
Health and Wellness**

**Health Maintenance & Enhancement**

**Support the following Competencies:**

- Explain & cite examples where the decision making process may be used (e.g., choosing sports, snacks, friends)
- Understand sexual harassment is unwanted & uninvited sexual attention such as teasing, touching, or taunting and is against the law
- Recognize that sexual abuse happens, even though many people do not want to talk about it and is most often committed by someone that the child knows
- Identify steps of conflict resolution
- Describe strategies to prevent bullying, cyber-bullying harassment & violence
- Assess situations that may require coping strategies (e.g., loneliness, boredom, grief, anger, shyness) & list assets that would help address these situations
- Demonstrate strategies to deal with these stressors (coping, exercise, time management, decision-making)

**Functions & Interrelationships of Systems**

**Support the following Competencies:**

- Identify the cause & effect of lifestyle choices on the respiratory system (e.g., inactivity, tobacco)
- Recognize the influence peers have on people (shared interest, goals & values)
- Appreciate that values help people decide how to behave & interact with others
- Identify how family, friends & culture can influence personal health practices & decisions
- Understand that family structures differ
- Identify ways a person can show love for another person
- Develop an awareness of feelings & learn to express those feelings in a way that does not hurt property, self, & others.
- Demonstrate peaceful conflict resolution
- Identify a variety of feelings & situations that may require adult assistance
- Accept & expresses feelings in a socially acceptable manner
- Identify signs and symptoms of mental illness
- Individuals with major depression and/or anxiety can reduce symptoms and in some cases eliminate their symptoms by exercising, developing better sleep patterns, reducing stress and related activities. This is not true for everyone; some people must use medication to improve
- The first line and most effective treatment for serious mental illness like schizophrenia and bipolar disorder is medication, with some benefit coming from psychosocial therapeutic interventions. People who get plenty of exercise and lead highly healthy life styles can still have serious mental illness
- Understand asking for help from a parent, trusted adult, teacher or counselor is a wise decision
- Understand sexual harassment is unwanted sexual attention such as teasing, touching, taunting, or sexting and is against the law
- Understand if a child experiences unwanted or uncomfortable touching, he/she should tell a trusted adult

**Risk Assessment & Reduction**

**Support the following Competencies:**

- Identify consequences of drug use
- Know personal and family problems related to excessive use of tobacco, alcohol and other drugs
- Describe how tobacco, alcohol and other drugs can effect the body systems (e.g., circulatory, respiratory, nervous)
- Analyze the effects of choosing healthy alternatives rather than using or abusing substances
- Compare the air quality between the smoking & non-smoking area of a restaurant & identify harmful effects of second hand smoke