

**Helena Public Schools  
Grade 4  
Librarian  
Health and Wellness**

**Health Maintenance & Enhancement**

- Understand how the media can influence a consumer decision regarding health practices & products (e.g., magazine, newspaper, commercial)
- Understand that a parent or trusted adult can help when media messages are confusing

**Functions & Interrelationships of Systems**

- Understand media often presents an unrealistic image of what it means to be male or female, what it means to be in love, & what parenthood & marriage are like
- Understand chatting or meeting people online can be unsafe

**Risk Assessment & Reduction**

- Demonstrate internet, phone and text etiquette