

**Helena Public Schools
Grade 3
School Counselor
Health and Wellness**

Health Maintenance & Enhancement

Support the following Competencies:

- Describe how people grow and change throughout life (i.e. physically, mentally, emotionally, & socially)
- Identify steps of the decision making process
- Define refusal skills (strategies that help you say no) & assertive skills (skills that allow you to behave with confidence)
- Explore situation that may require coping strategies (e.g., loneliness, boredom, grief, anger, shyness) and list assets that would help address these situations
- Identify and demonstrate healthy activities & coping strategies to deal with uncomfortable feelings & emotions (e.g., ask a trusted adult, make a plan of action, exercise, speak up)
- Differentiate positive & negative stress & how they can affect a person

Functions & Interrelationships of Systems

Support the following Competencies:

- Understand that people are capable of giving and receiving love
- Understand that family structures differ
- Recognize that there are a variety of reasons why people may end a committed relationship
- Demonstrate empathy and understanding towards families who have ended or are in the process of ending committed relationships
- Identify the duties & responsibilities needed to be a contributing member of a social community (e.g., school, church, neighborhood, Girl / Boy Scouts, service)
- Demonstrate peaceful conflict resolution
- Accept & expresses feelings in a socially acceptable manner
- Identify different types of mental illnesses e.g. depression, anxiety
- 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 friends often try to influence each other's decisions

Risk Assessment & Reduction

Support the following Competencies:

- Recognize the dangers of drugs
- Describe the effects of tobacco, alcohol and other drugs on the body (e.g., lungs, brain, liver)
- Describe how tobacco, alcohol and other drugs effect the way a person thinks, feels, & acts
- Recognize the factors (e.g., media, peers, self- concept) that influence decisions to use or abuse substances
- Identify healthy alternatives instead of using or abusing substances (e.g., clubs, physical activity, sports)