

*Acton-Boxborough Regional School District*

**COMPREHENSIVE HEALTH EDUCATIONS OBJECTIVES\***

**GRADE FOUR**

**EMOTIONAL/SOCIAL HEALTH**

***Students will:***

1. Learn strategies for dealing with peer- and self-pressure.
2. Understand what bullying is and the consequences of bullying on victims and bystanders, as well as the school community.
3. Understand the role of bystanders in bullying situations.
4. Recognize the risks of on-line communication. (Help is available from the Youth Officer.)
5. Practice safe use of the Internet.
6. Understand what cyberbullying is: how to guard against it and how to obtain help.
7. Recognize personal skills for dealing with stress and identify resources for support.

**Review**

1. Continue to practice skills for conflict resolution.
2. Continue to practice decision-making and coping skills. **5.5, 5.6**
3. Continue to practice behaviors that encourage friendship and resist excluding others or bullying.

**SAFETY & PREVENTION**

***Students will:***

1. Demonstrate ways to give and seek help in a choking situation and identify risk situations. **9.11, 9.12\*\*** (Phys Ed.)
2. Identify rules of safe behavior related to school bus travel (with Transportation Department help). **9.1**
3. Explain how to obtain help in an emergency. **8.2, 9.2** (Youth Officer)
4. Identify risk-taking behaviors and explore their consequences. **8.5** (for communicable and chronic diseases; e.g., washing hands to avoid spread of germs, bike helmets, seat belts)
5. Demonstrate attitudes, behaviors and body expressions that will help them make/keep friends. **11.3**

**Review**

1. Describe safe procedures (ABRSD Universal Precaution Standards) when blood or body fluids are encountered. **9.6**
2. Identify rules of safe behavior related to recess and the playground. (principal, Playground Safety Policy) **9.1**

**PHYSICAL HEALTH**

***Students will:***

1. Learn about physical fitness, exercise, life sports, relaxation activities. (See Physical Education Department objectives.) **2.1 – 2.5**

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\*minor revisions in 2012

\*\* Numbers refer to the Massachusetts State Health Frameworks document learning standards.