

**HEALTH/FAMILY LIFE
GRADE FOUR COURSE CONTENT OUTLINE**

- UNIT I. Injury Prevention and Personal Safety**
- Types of abuse (inc. sexual harassment)
 - Sharing with trusted adult
 - Refusal skills
- UNIT II. Nutrition**
- Digestive process
 - Responsibility for eating & exercise
 - Food groups
- UNIT III. Functions of the Body**
- Heart, lungs bones, muscles, digestion, endocrine & immune system
 - Teeth & dental care
 - Responsible behavior
- UNIT IV. Growth & Development/The Cycle of Family Life**
- Hormones & body changes
 - Meaning of growing up physically & emotionally
 - Good hygiene
- UNIT V. HIV/AIDS and Illness Prevention**
- Illness prevention
 - Immune system & HIV
 - How HIV is transmitted
 - AIDS & the community
- UNIT VI. Substance Abuse Prevention**
- Effects of smoking
 - Addictions: physical & psychological effects
 - Value of being drug-free
- UNIT VII. Community Health & Safety (With Violence Prevention)**
- Resolving conflicts peacefully
 - Decision-making steps for group tactics to avoid violence
 - Bullying & harassment
- UNIT VIII. Self Worth, Mental and Emotional Health**
- Media, peer & behavioral influences
 - Body image & health habits
 - Respect for self and others
- UNIT IV. Environmental and Consumer Health**
- Types of pollution
 - Product labels, buying habits
- UNIT X. Physical Fitness**
- Define physical fitness
 - Benefits of exercise
 - Self worth and stress reduction