

STRAND 4: Use of Interpersonal Communication Skills to Enhance Health

Concept 1: Communication to Enhance Health			
Grade Pre-K - 2	Grade 3 - 5	Grade 6 - 8	Grade 9 - 12
PO 1. Demonstrate healthy ways to express needs, wants, and feelings	PO 1. Demonstrate effective verbal and nonverbal communication skills to enhance health	PO 1. Apply effective verbal and nonverbal communication skills to enhance health	PO 1. Utilize skills for communicating effectively with family, peers, and others to enhance health
PO 2. Demonstrate listening skills to enhance health	PO 2. Demonstrate refusal skills that avoid or reduce health risks	PO 2. Demonstrate refusal and negotiation skills that avoid or reduce health risks	PO 2. Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks

Concept 2: Self Protection and Dealing with Conflict			
Grade Pre-K - 2	Grade 3 - 5	Grade 6 - 8	Grade 9 - 12
PO 1. Demonstrate ways to respond when in an unwanted, threatening, or dangerous situation	PO 1. Demonstrate nonviolent strategies to manage or resolve conflict	PO 1. Identify effective conflict management or resolution strategies	PO 1. Evaluate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others

Concept 3: Asking for Help			
Grade Pre-K - 2	Grade 3 - 5	Grade 6 - 8	Grade 9 - 12
PO 1. Demonstrate ways to tell a trusted adult if threatened or harmed	PO 1. Demonstrate how to ask for assistance to enhance personal health	PO 1. Identify ways to ask for assistance to enhance the health of self and others	PO 1. Evaluate effective ways to ask for and offer assistance to enhance the health of self and others