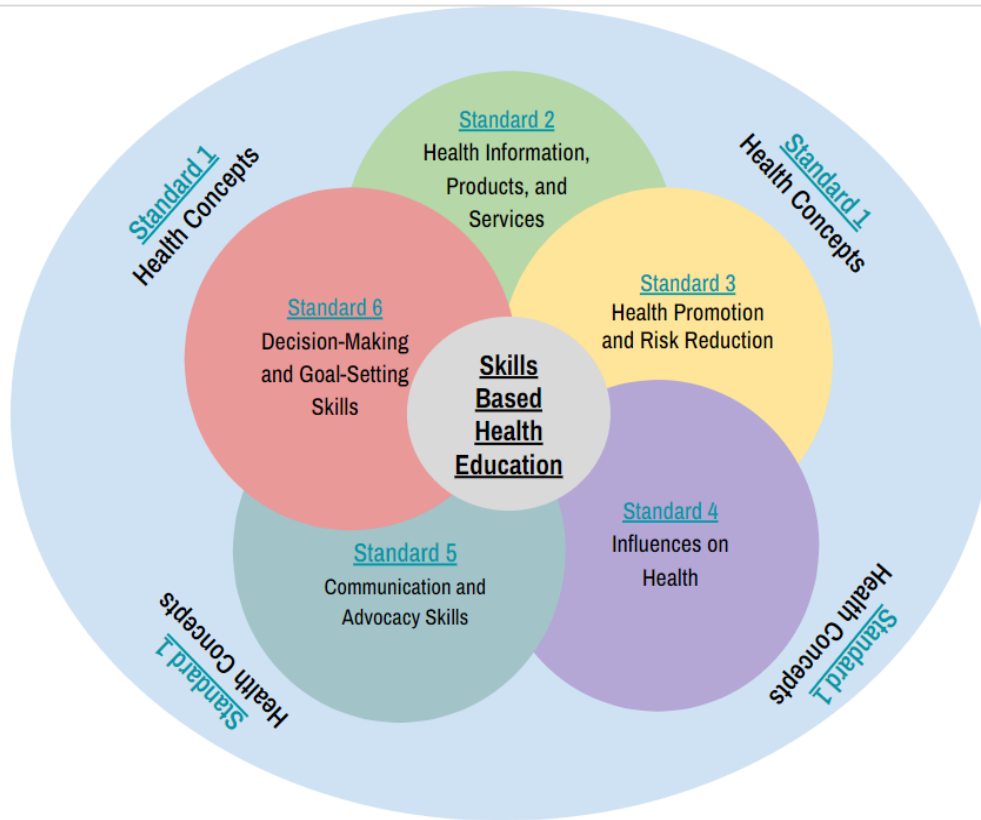


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The Maine Department of Education emphasizes a skills-based approach to health education instruction. A [skills-based approach](#) braids together the skills, and content knowledge. This approach aims to develop health literacy, and empower students to maintain and enhance their health and wellness.

Health education content knowledge is most impactful when used to apply a skill in a meaningful way. It is important to select topics that are relevant to your students and provide them with the functional knowledge they need to know in order to develop and apply the health skills. Thus, health content is taught through skills development.

Grade K-2

Standard 4

Influences on Health: [Health literate](#) students analyze the influences of family, peers, [culture](#), media, technology and other factors on health practices and behaviors.

Suggestions & Resources

Below are resources that can help you with planning your lessons and curriculum.

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<p>4.1 Influences on Health Behaviors</p>	<p style="text-align: center;">K</p> <p>Students recognize people who influence their health behaviors.</p>	<p style="text-align: center;">Grade 1</p> <p>Students name people who influence their health behaviors.</p>	<p style="text-align: center;">Grade 2</p> <p>Students identify multiple influences on personal health behaviors including peers, family, and media.</p>	<p>Analyzing Influences https://www.rmc.org/what-we-do/training-expertise-to-create-healthy-schools/health-education/analyzing-influences/</p> <p>Media Influences - also contains lessons https://projectlooksharp.org/assets/media/subjects_intros/elementary%20all%20subjects.pdf</p>
<p>4.2 Effects of Health Behaviors</p>	<p style="text-align: center;">K</p> <p>Students recognize factors that influence health behaviors.</p>	<p style="text-align: center;">Grade 1</p> <p>Students identify factors that influence health behaviors.</p>	<p style="text-align: center;">Grade 2</p> <p>Students describe factors that influence health behaviors.</p>	<p>Media https://www.common sense.org/education/</p>
<p>Samples of Curriculum Lessons & Materials</p> <p>Common Sense Media - media literacy https://www.common sense.org/education/digital-citizenship/lesson/is-seeing-believing</p> <p>Project Look Sharp - various lessons on media literacy and advertising https://www.projectlooksharp.org/front_end_resource.php?resource_id=487</p> <p>May Include:</p> <ul style="list-style-type: none"> -Family influences on personal health practices and behaviors. 				

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- What the school can do to support personal health practices and behaviors.
- How the media can influence health behaviors.

Grade 3-5

Standard 4					
Influences on Health: Health literate students analyze the influences of family, peers, culture , media, technology and other factors on health practices and behaviors.			Suggestions & Resources Below are resources that can help you with planning your lessons and curriculum.		
4.1 Influences on Health Behaviors	Grade 3	Grade 4	Grade 5	<p>Analyzing Influences https://www.rmc.org/what-we-do/training-expertise-to-create-healthy-schools/health-education/analyzing-influences/</p> <p>Media Influences - also contains a list of lessons https://projectlooksharp.org/assets/media/subjects_intros/elementary%20all%20subjects.pdf</p> <p>Media https://www.common sense.org/education/</p>	
	Students identify how a variety of factors influence personal health behaviors including peers, family, school, community, media, and technology.	Students explore how a variety of factors influence personal health behaviors including peers, family, community, culture, media, technology, and social platforms.	Students describe how a variety of factors influence personal health behaviors including peers, family, community, culture, media, technology, and social platforms.		
4.2 Effects of Health Behaviors	Grade 3	Grade 4	Grade 5		

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	<p>Students list health behaviors that could influence future behaviors.</p>	<p>Students identify how health behaviors could influence future behaviors.</p>	<p>Students describe how health behaviors could influence future behaviors.</p>
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Samples of Curriculum Lessons & Materials

Influences on Health

<https://learnwithmoose.maine.gov/module/1986/healthy-me-become-health-or-wellness-influencer/overview>

<https://learnwithmoose.maine.gov/module/226/how-do-health-choices-i-make-now-influence-my-health-later/overview>

Families

<https://learnwithmoose.maine.gov/module/362/family-relations/overview>

Peer Influences

https://classroom.kidshealth.org/classroom/3to5/personal/growing/peer_pressure.pdf

Media Literacy

http://www.peytonmanningch.org/project18/flipbooks/Lesson4_ElementarySchool_Media/files/assets/basic-html/index.html#1

Common Sense Media - media literacy

<https://www.common sense.org/education/digital-citizenship/lesson/is-seeing-believing>

May Include:

-How family, school, and community influence and support personal health practices and behaviors.

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- How peers and culture can influence health practices and behaviors.
- How media influences thoughts, feelings, and health behaviors.

Grade 6-8

Standard 4		
Influences on Health: Health literate students analyze the influences of family, peers, culture , media, technology and other factors on health practices and behaviors.		Suggestions & Resources Below are resources that can help you with planning your lessons and curriculum.
4.1 Influences on Health Behaviors	Students analyze positive and negative influences on adolescent health practices and behaviors including peers, family, media, culture, community, technology, and social platforms.	Background Info https://www.etr.org/blog/building-health-skills-analyzing-influences/
4.2 Effects of Health Behaviors	Students examine how health-enhancing and risky behaviors can influence the likelihood of engaging in more of the same behaviors.	Analyzing Influences https://www.shapeamerica.org/uploads/2021/events/health-literacy-month/6-8_HE-Lesson-1-Analyzing-Influences-And-You.pdf https://www.rmc.org/what-we-do/training-expertise-to-create-healthy-schools/health-education/analyzing-influences/ https://www.albertahealthservices.ca/assets/info/amh/if-amh-grade7-lesson6.pdf

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Samples of Curriculum Lessons & Materials

Media Literacy

https://www.shapeamerica.org/uploads/2021/events/health-literacy-month/6-8_HE-Lesson-1-Analyzing-Influences-And-You.pdf

Media - News Information

<https://www.common sense.org/education/digital-citizenship/lesson/finding-credible-news>

Peers

https://classroom.kidshealth.org/classroom/6to8/personal/growing/peer_pressure.pdf

<https://www.advocatesforyouth.org/wp-content/uploads/storage/advfy/lesson-plans/lesson-plan-manging-peer-pressure.pdf>

<https://www.albertahealthservices.ca/assets/info/amh/if-amh-grade8-lesson3.pdf>

<https://asklistenlearn.org/wp-content/uploads/the-impact-of-peer-pressure-lesson-plan.pdf>

<https://www.common sense.org/education/>

May Include:

- How the family, school, and community influence the health behaviors of adolescents.
- How peers influence healthy and unhealthy behaviors.
- How messages from the media influence health behaviors.
- How the perceptions of norms influence healthy and unhealthy behaviors.
- How culture and personal values and beliefs influence individual health behaviors.
- How gateway drugs can lead to the use of other drugs.
- The influence of alcohol and other drug use on judgment and self-control.

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Grade 9-Diploma

Standard 4		
Influences on Health: Health literate students analyze the influences of family, peers, culture , media, technology and other factors on health practices and behaviors.		Suggestions & Resources Below are resources that can help you with planning your lessons and curriculum.
4.1 Influences on Health Behaviors	Students evaluate positive and negative influences on health practices and behaviors including peers, family, media, culture, community, perception of norms , government, technology, and social platforms.	ACES Compound Effect on Health
4.2 Effects of Health Behaviors	Students analyze how health-enhancing and risky behaviors can influence the likelihood of engaging in more of the same behaviors.	
Samples of Curriculum Lessons & Materials		
<p>May Include:</p> <ul style="list-style-type: none"> -How family, school and community influence the health of individuals. -How peers influence healthy and unhealthy behaviors. -The effect of the media on personal and family health. -How the perceptions of norms influence healthy and unhealthy behaviors. -How culture and personal values and beliefs influence individual health behaviors. -How public health policies and government regulations can influence health promotion and disease prevention -The influence of alcohol use on individual and group behavior. -The influence of drug use on individual and group behavior. 		