

# Grade 2

Adopted 2021

## Second Grade (17.00300)

- 1. Comprehend concepts related to health promotion and disease prevention to enhance health.** HE2.1
  - a. Describe healthy behaviors that promote personal health, wellness, and disease prevention. HE2.1.A
  - b. Describe why avoiding potentially harmful substances is a healthy practice. HE2.1.B
  - c. Recognize potentially harmful situations, behaviors, and environments. HE2.1.C
  - d. Recognize the relationship between feelings and behavior and engage in activities that promote mental and emotional health. HE2.1.D
  - e. Identify proper nutrition that provides energy to help the body grow and develop. HE2.1.E
  - f. Identify the characteristics of bullying and develop skills to respond appropriately. HE2.1.F
  - g. Understand proper names for all body parts and identify healthy and appropriate boundaries around physical touch. HE2.1.G

---

- 2. Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.** HE2.2
  - a. Discuss how the family, peers, and cultural factors influence personal health and well-being. HE2.2.A
  - b. Discuss how the media and technology can impact health behaviors. HE2.2.B
  - c. Compare the difference between internal and external factors that affect personal health and well-being. HE2.2.C

---

- 3. Demonstrate the ability to access valid information, products, and services to enhance health.** HE2.3
  - a. Identify trusted adults and professionals who can help promote health. HE2.3.A
  - b. Identify ways to locate school and community health helpers. HE2.3.B
  - c. Explain the roles and responsibilities of health professionals in the school and community who can assist with enhancing health. HE2.3.C
  - d. Identify and explain health-promoting products. HE2.3.D

---

**4. Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.** HE2.4

- a. Demonstrate healthy ways to express needs, wants, and feelings. HE2.4.A
- b. Demonstrate and apply communication skills to enhance health. HE2.4.B
- c. Demonstrate the ability to identify verbal and nonverbal communication. HE2.4.C

---

**5. Demonstrate the ability to use decision-making skills to enhance health.** HE2.5

- a. Identify situations that need a health-related decision. HE2.5.A
- b. Identify how family, peers, or media influence a health-related decision. HE2.5.B
- c. Explain the potential positive and negative outcomes of health-related decisions. HE2.5.C
- d. Describe when help is needed to make a healthy decision. HE2.5.D
- e. Identify and describe opportunities to enhance personal health and well-being. HE2.5.E
- f. Identify and describe people who can help assist in problem-solving and decision making. HE2.5.F

---

**6. Demonstrate the ability to use goal-setting skills to enhance health.** HE2.6

- a. Identify a personal health goal. HE2.6.A
- b. Implement actions to achieve a short-term personal health goal. HE2.6.B
- c. Discuss and apply personal health behaviors to achieve goals. HE2.6.C
- d. Identify individuals who can assist in helping achieve a personal health goal. HE2.6.D

---

**7. Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.** HE2.7

- a. Demonstrate healthy practices and behaviors to maintain or improve personal health. HE2.7.A
- b. Demonstrate behaviors that avoid or reduce health risks. HE2.7.B

---

**8. Demonstrate the ability to advocate for personal, family, and community health.** HE2.8

- a. Advocate for health and wellness with family and community. HE2.8.A
- b. Role model and encourage peers to make positive choices. HE2.8.B