

# K-Grade 2

Students will comprehend concepts related to health promotion and disease prevention to enhance health.

## 1 Healthy Behaviors

1. Identify that healthy behaviors affect personal health. [K-2.1.1](#)
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## 2 Dimensions of Health

2. Recognize that there are multiple dimensions of health (mental/emotional, intellectual, physical, environmental, and social health). [K-2.1.2](#)
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## 3 Personal Health

3. Describe ways to prevent communicable diseases. [K-2.1.3](#)
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## 4 Preventing Injury

4. List ways to prevent common childhood injuries. [K-2.1.4](#)
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## 5 Accessing Health Care

5. Describe why it is important to have regular medical checkups. [K-2.1.5](#)
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## 6 Family History & Personal Health

No standards defined.

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## 7 Practicing Healthy Behaviors

No standards defined.

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## 8 Unhealthy Behavior Outcomes

No standards defined.

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Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

## 1 Family Influence on Health

1. Identify how family and culture influence personal health practices and behaviors. [K-2.2.1](#)
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## 2 School and Community Impact

2. Identify what the school can do to support personal health practices and behaviors. [K-2.2.2](#)
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## 3 Media Influence on Health Behaviors

3. Describe how peers, technology, and media can influence health practices and behaviors. [K-2.2.3](#)

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**4 Peer Influence on Health Behaviors**

No standards defined.

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**5 Cultural Influence on Health Behaviors**

No standards defined.

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**6 Technology Influence on Health Behaviors**

No standards defined.

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**7 Norms Perception Influence on Health Behaviors**

No standards defined.

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**8 Personal Values Influence on Health Behaviors**

No standards defined

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**9 Health Risk Behaviors**

No standards defined.

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**10 School/Public Health Policy Influence on Health Behaviors**

No standards defined.

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**Students will demonstrate the ability to access valid information, products and services to enhance health.**

**1 Health Information and Services**

1. Identify trusted adults who can help enhance and support health. [K-2.3.1](#)
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**2 Accessing Health Information**

2. Identify ways to locate school and community health helpers. [K-2.3.2](#)
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**3 Professional Health Services**

No standards defined.

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**4 Locating Reliable Health Products/Services**

No standards defined.

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**Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risk.**

**1 Verbal/Nonverbal Communication Skills**

1. Identify and demonstrate verbal and nonverbal communication skills to enhance health. [K-2.4.1](#)
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**2 Listening Skills**

2. Practice listening skills to enhance health. [K-2.4.2](#)
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**3 Expressing Needs, Wants, and Feelings**

3. Express needs, wants, and feelings in a healthy way. [K-2.4.3](#)

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#### **4 Communicating Care, Consideration, and Respect**

4. Model ways to treat people with kindness and respect. [K-2.4.4](#)
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#### **5 Health Risk Refusal Skills**

5. Describe ways to respond in an unwanted, threatening, or dangerous situation. [K-2.4.5](#)
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#### **6 Asking for Assistance**

6. Explain situations where talking to a trusted adult is important. [K-2.4.6](#)
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#### **7 Managing Conflict**

7. Identify and explain healthy strategies to manage and resolve conflict. [K-2.4.7](#)
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#### **8 Overcoming Communication Barriers**

No standards defined.

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#### **9 Overcoming Communication Barriers**

No standards defined.

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**Students will demonstrate the ability to use decision-making skills to enhance health.**

#### **1 Personal Health Decisions and Influences**

1. Identify personal health decisions. [K-2.5.1](#)
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#### **2 Evaluating Health Information**

2. Identify people or places where health information can be obtained. [K-2.5.2](#)
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#### **3 Making Health-Related Decisions**

No standards defined.

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#### **4 Health Decision Connections**

No standards defined.

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#### **5 Personal Health Responsibility**

No standards defined.

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#### **6 Personal Health Decisions**

No standards defined.

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**Students will demonstrate the ability to use goal-setting skills to enhance health.**

#### **1 Setting Health Goals**

1. Identify the benefits of planning and setting personal health goals. [K-2.6.1](#)
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#### **2 Achieving Health Goals**

2. Identify a realistic and personal health goal. [K-2.6.2](#)

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### 3 Barriers to Health Goals

3. Describe steps to achieve the personal health goal. [K-2.6.3](#)
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### 4 Health Goal Adaptability

4. Identify possible benefits and barriers to achieving the personal health goal. [K-2.6.4](#)
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### 5 Personal Choices and Health Goals

5. Take steps to achieve the personal health goal. [K-2.6.5](#)
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### 6 Health Goal Support Systems

6. Identify trusted adults that can help in achieving the personal health goal. [K-2.6.6](#)
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### 7 Health Goal Progress

No standards defined.

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**Students demonstrate the ability to practice strategies and skills to enhance personal health and reduce health risks.**

### 1 Safety Knowledge Skills

1. Identify character traits and behaviors of a healthy and safe person. [K-2.7.1](#)
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### 2 Health and Safety Strengths and Needs

2. List a variety of behaviors to avoid or reduce health and safety risks. [K-2.7.2](#)
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### 3 Health and Safety Strengths and Needs

No standards defined.

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**Students will demonstrate the ability to advocate for personal, family and community health.**

### 1 Safety Concerns and Assessments

1. List personal, family, school, or community health and safety concerns. [K-2.8.1](#)
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### 2 Standing for Health/Safety Issues

2. Identify a health or safety issue that has personal relevance. [K-2.8.2](#)
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### 3 Evidence for Health/Safety Issues

No standards defined.

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### 4 Advocating for Health Issues

No standards defined.

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### 5 Personal Belief for Health/Safety Issues

No standards defined.

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### 6 Communicating Health/Safety Issues

No standards defined.

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**7 Communicating Health/Safety Issues**

No standards defined.

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**8 Communicating Health/Safety Issues**

No standards defined.