

Grade 2

Adopted 2012

Comprehend concepts related to health promotion and disease prevention to enhance health.

Identify how dietary habits affect health.

Discuss ways to prevent injury.

Explore some of the causes of illnesses and chronic disease.

Discuss ways in which the environment can contribute to illnesses or diseases (e.g., air pollution, water).

Analyze the influence of family, peers, culture, media, technology, and other factors on health.

Appreciate the differences in people and how these differences are related to culture.

Describe how the media (e.g., Terrance the Rat) influences health choices.

Demonstrate the ability to access valid health information and products and services to enhance health.

Identify health products and services for daily use.

Understand the importance of warning labels and symbols.

Describe the roles of various community resources (e.g., hospital, Department of Health, voluntary health agency, home health) that aid in preventing illness.

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

Identify ways to communicate care, consideration, and respect of self and others.

Demonstrate refusal skills to enhance health (e.g., just say no, don't talk to strangers).

Identify individual differences and the value of those differences.

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

Explain the potential results of making positive and negative health choices (e.g., accidents, nutrition, physical activity, drug use, smoking, and bullying).

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

Explain how goal-setting enhances healthy behaviors.

Demonstrate the ability to practice health-

Identify fair methods for settling conflicts.

**enhancing behaviors
and avoid or reduce
health risks.**

Demonstrate and explain proper use of seat belts.

Identify stress associated with different situations (e.g., recital, leadership role, disagreement with a peer, and visit to the principal's office).

Identify negative effects of using alcohol, tobacco, and drugs.

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

Demonstrate an ability to influence others to become involved in healthy community projects.

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