

Grade 2

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

Health Promotion

Health Behaviors

- 1 Describe behaviors that enhance physical and mental health. 2.1.1

Nutrition &

- 2 Summarize motivations for eating food. Examples: hunger, emotions 2.1.2

Drug Awareness

- 3 Describe why avoiding tobacco is a healthy behavior. 2.1.3

Hygiene

- 4 List ways to prevent germs from spreading. Examples: using soap and warm water when washing hands 2.1.4

Disease Prevention & Health Care

- 5 Investigate how immunizations and regular care from health professionals prevent disease. 2.1.5

Safety

- 6 List ways to prevent common childhood injuries. Examples: following playground safety rules, wearing protective equipment, practicing water safety 2.1.6

Dimensions of Health

- 7 Identify positive examples of mental health. 2.1.7

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

Analyzing Influences

Family, Peer, & Culture

- 1 Identify ways the school supports personal health practices and behaviors. 2.2.1
 - a Identify how hereditary and environmental factors influence family health. 2.2.1A

Media & Technology

- 2 Discuss how advertisements can influence individuals to purchase certain products. 2.2.2

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

Access to Information

Information, Products, & Services

- 1 Explain the importance of identifying trusted adults and health professionals. 2.3.1
- 2 Identify adults and professionals who help to promote regular physical activity. Examples: PE teacher, coach, doctor, personal health coach 2.3.2

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

Interpersonal Communication

Social

- 1 Demonstrate techniques of effective listening. Examples: body language, eye contact 2.4.1

Emotions & Feelings

- 2 Explain ways that bullying and excessive teasing can be hurtful. 2.4.2

Conflict Resolution

- 3 Demonstrate how to communicate with others with kindness and respect. 2.4.3

Refusal Skills

- 4 Summarize strategies for reporting harmful acts. Example: reporting to trusted adult 2.4.4
- 5 Demonstrate how to tell a trusted adult if inappropriate touching occurs. 2.4.5

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

Decision -Making

Problem Solving

- 1 Differentiate between situations when a health-related decision can be made individually or when assistance is needed. Example: when to tell trusted adults about bullying or other abuse 2.5.1

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

Goal -Setting

Self-Awareness

- 1 Describe various ways to reach a personal health goal. 2.6.1

Problem-Solving

- 2 Identify school and community individuals who can help support personal health goals. 2.6.2

Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Self-Management

Monitor Progress

- 1 Predict how healthy behaviors can reduce health risks. Example: predicting how a healthy sleep routine promotes academic success [2.7.1](#)

Injury Prevention

- 2 Describe personal behaviors that enhance safety at school, home, and within the community. Examples: staying seated on the bus; surfing the Internet with caution; practicing water safety; learning self-defense skills [2.7.2](#)

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

Advocacy

Promote Healthy Habits

- 1 Enlist family and community participation in positive health activities. Examples: Relay for Life, Run/Walk for Diabetes [2.8.1](#)