Alabama Health Education

# 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

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**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

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**Students will de to inf**

**Access to Information**

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| **and services to enhance health.** | Information, Products, & Services<br>1 Explain the importance of identifying trusted adults and health professionals. 2.3.1<br>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**<br>Social<br>1 Demonstrate techniques of effective listening. Examples: body language, eye contact 2.4.1<br>Emotions & Feelings<br>2 Explain ways that bullying and excessive teasing can be hurtful. 2.4.2<br>Conflict Resolution<br>3 Demonstrate how to communicate with others with kindness and respect. 2.4.3<br>Refusal Skills<br>4 Summarize strategies for reporting harmful acts. Example: reporting to trusted adult 2.4.4<br>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**<br>Problem Solving<br>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**<br>Self-Awareness<br>1 Describe various ways to reach a personal health goal. 2.6.1<br>Problem-Solving<br>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**<br>Monitor Progress<br>1 Predict how healthy behaviors can reduce health risks. Example: predicting how a healthy sleep routine promotes academic success 2.7.1 |

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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

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**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