

Grade 1

Resiliency HE.1.R

Standard 1 Character HE.1.R.1

- 1 Discuss ways to respect personal property and personal space of others. HE.1.R.1.1
 - 2 Describe the traits of a good friend. HE.1.R.1.2
 - 3 Identify the benefits of sharing and cooperation. HE.1.R.1.3
 - 4 Define and give examples of honesty. HE.1.R.1.4
 - 5 Identify strategies to overcome a challenge. HE.1.R.1.5
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Standard 2 Personal Responsibility HE.1.R.2

- 1 Identify my role and responsibilities in the school, community, and family. HE.1.R.2.1
 - 2 Establish a short-term goal as a class and take action toward achieving the goal. HE.1.R.2.2
 - 3 Identify the characteristics of a responsible decision maker. HE.1.R.2.3
 - 4 Describe how individual actions can affect others. HE.1.R.2.4
 - 5 Identify strategies to discover and demonstrate personal strengths. HE.1.R.2.5
 - 6 Identify healthy ways to express needs and wants. HE.1.R.2.6
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Standard 3 Mentorship and Citizenship HE.1.R.3

- 1 Identify characteristics of a leader in the school community. HE.1.R.3.1
 - 2 Demonstrate the characteristics of a good citizen in school and the community. HE.1.R.3.2
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Standard 4 Critical Thinking and Problem Solving HE.1.R.4

- 1 Identify the importance of working together to solve problems. HE.1.R.4.1
 - 2 Identify the importance of sharing thoughts and ideas as an individual and as part of a group. HE.1.R.4.2
 - 3 Understand that conflict may arise when working together. HE.1.R.4.3
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Personal Health Concepts HE.1.PHC

Standard 1 Core Concepts HE.1.PHC.1

- 1 Recognize how healthy behaviors affect personal health. HE.1.PHC.1.1

- 2 Identify how you can prevent childhood injuries in the home, school, and community settings. [HE.1.PHC.1.2](#)
- 3 Identify the correct names of human body parts. [HE.1.PHC.1.3](#)
- 4 Describe ways you can prevent common communicable diseases. [HE.1.PHC.1.4](#)
- 5 Tell about behaviors that avoid or reduce health risks. [HE.1.PHC.1.5](#)

Standard 2 Internal and External Influence [HE.1.PHC.2](#)

- 1 Identify how children learn health behaviors from family and friends. [HE.1.PHC.2.1](#)
- 2 Explain why personal information should not be shared on the internet. [HE.1.PHC.2.2](#)

Standard 3 Prevention and Decision Making [HE.1.PHC.3](#)

- 1 Describe situations when a health-related decision can be made individually or when assistance is needed. [HE.1.PHC.3.1](#)
- 2 Identify healthy options to personal health-related issues or problems. [HE.1.PHC.3.2](#)
- 3 Explain the consequences of not following rules/practices when making healthy and safe decisions. [HE.1.PHC.3.3](#)
- 4 Establish a short-term health goal as a class and monitor progress toward achieving the goal. [HE.1.PHC.3.4](#)

Standard 4 Advocacy [HE.1.PHC.4](#)

- 1 Describe appropriate responses to unwanted, unsafe, and threatening situations. [HE.1.PHC.4.1](#)
- 2 Identify ways one can make request to promote personal health. [HE.1.PHC.4.2](#)

Community and Environmental Health [HE.1.CEH](#)

Standard 1 Core Concepts [HE.1.CEH.1](#)

- 1 Identify ways the community encourages a healthy environment. [HE.1.CEH.1.1](#)
- 2 Understand ways to prevent common communicable diseases in the community. [HE.1.CEH.1.2](#)

Standard 2 Internal and External Influence [HE.1.CEH.2](#)

- 1 Recognize health consequences for not following rules. [HE.1.CEH.2.1](#)

Standard 3 Prevention and Decision Making [HE.1.CEH.3](#)

- 1 Identify ways in the community to prevent childhood injuries in the school and community settings. [HE.1.CEH.3.1](#)

Standard 4 Advocacy [HE.1.CEH.4](#)

- 1 Help others to make positive health choices. [HE.1.CEH.4.1](#)
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**Consumer
Health** [HE.1.CH](#)

Standard 1 Core Concepts [HE.1.CH.1](#)

- 1 Determine the meaning of warning labels and signs on hazardous products and places. [HE.1.CH.1.1](#)
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Standard 3 Prevention and Decision Making [HE.1.CH.3](#)

- 1 List healthy and unhealthy choices for personal health and safety. [HE.1.CH.3.1](#)
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Standard 4 Advocacy [HE.1.CH.4](#)

- 1 Discuss ways to ask for support from a trusted adult or professional. [HE.1.CH.4.1](#)