

Grade K

Adopted 2021

Kindergarten (17.01100)

- 1. Comprehend concepts related to health promotion and disease prevention to enhance health. HEK.1**
 - a. Identify healthy behaviors. HEK.1.A
 - b. Recognize potentially harmful substances. HEK.1.B
 - c. Identify safety hazards. HEK.1.C

- 2. Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. HEK.2**
 - a. Identify how family, peers, and cultural factors influence personal health and well-being. HEK.2.A
 - b. Identify what the school can do to support personal health practices. HEK.2.B

- 3. Demonstrate the ability to access valid information, products, and services to enhance health. HEK.3**
 - a. Identify types of trusted adults and professionals as resources for health information. HEK.3.A
 - b. Identify specific health professionals in the school and community. HEK.3.B

- 4. Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. HEK.4**
 - a. Examine ways to express feelings in a healthy way. HEK.4.A
 - b. Demonstrate listening skills to enhance health. HEK.4.B
 - c. Recognize ways to respond when in an unwanted, threatening, or dangerous situation. HEK.4.C
 - d. Discuss ways to tell a trusted adult if threatened or harmed. HEK.4.D

- 5. Demonstrate the ability to use decision-making skills to enhance health. HEK.5**
 - a. Identify health-related situations. HEK.5.A
 - b. Use a decision-making model in a health-related situation. HEK.5.B
 - c. Identify people who can assist in problem-solving and decision making. HEK.5.C

- 6. Demonstrate the ability to use goal-setting skills to enhance health. HEK.6**
 - a. Identify a personal health goal. HEK.6.A

- b. Identify family members or trusted adults who can assist with achieving a short-term health goal. [HEK.6.B](#)
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7. Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. [HEK.7](#)

- a. Demonstrate healthy behaviors that improve personal health and wellness. [HEK.7.A](#)
 - b. Demonstrate healthy behaviors that prevent injuries. [HEK.7.B](#)
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8. Demonstrate the ability to advocate for personal, family, and community health. [HEK.8](#)

- a. Seek assistance to promote personal health. [HEK.8.A](#)
 - b. Encourage peers to make positive health choices. [HEK.8.B](#)