Idaho Health

# Grades K, 1, 2

Adopted 2010

**Comprehend Core Concepts**

**1.1: Students will comprehend core concepts related to health promotion and disease prevention to enhance health including: Alcohol, Tobacco and Other Drugs; Nutrition and Physical Activity, Injury Prevention and Safety; Mental, Emotional and Social Health; Prevention and Control of Disease; Consumer and Community Health; Growth, Development and Family Life; and Environmental Health.**

1. Identify that healthy behaviors affect personal health. K-2.H.1.1.1
2. Recognize that there are multiple dimensions (i.e. emotional, intellectual, physical and social) of health. K-2.H.1.1.2
3. Describe ways to prevent communicable diseases. K-2.H.1.1.3
4. List ways to prevent common childhood injuries. K-2.H.1.1.4
5. Describe why it is important to seek health care. K-2.H.1.1.5
6. Identify body systems. K-2.H.1.1.6

**Analyzing Influences**

**1.1: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.**

1. Identify how the family influences personal health practices and behaviors. K-2.H.2.1.1
2. Identify what the school can do to support personal health practices and behaviors. K-2.H.2.1.2
3. Describe how the media can influence health behaviors. K-2.H.2.1.3

**Accessing Information**

**1.1: Students will demonstrate the ability to access valid information and products and services to enhance health.**

1. Identify trusted adults and professionals who can help promote health. K-2.H.3.1.1
2. Identify ways to locate school and community health helpers. K-2.H.3.1.2

**Interpersonal Communication**

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

1. Demonstrate healthy ways to express needs, wants, and feelings. K-2.H.4.1.1
2. Demonstrate listening skills to enhance health. K-2.H.4.1.2

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3. Demonstrate ways to respond when in an unwanted, threatening, or dangerous situation. K-2.H.4.1.3

**Decision Making**

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

1. Identify situations when a health-related decision is needed. K-2.H.5.1.1
2. Differentiate between situations when a health-related decision can be made individually or when assistance is needed. K-2.H.5.1.2

**Goal Setting**

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

1. Identify a short-term personal health goal and take action towards achieving the goal. K-2.H.6.1.1
2. Identify who can help when assistance is needed to achieve a personal health goal. K-2.H.6.1.2

**Practice Healthy Behavior**

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

1. Demonstrate healthy practices and behaviors to maintain or improve personal health. K-2.H.7.1.1
2. Demonstrate behaviors that avoid or reduce health risks. K-2.H.7.1.2

**Advocacy**

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

1. Make requests to promote personal health. K-2.H.8.1.1
2. Encourage peers and family to make positive health choices. K-2.H.8.1.2