

Grade 2

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

- 1 Describe how to use medicine correctly. 2.1.1
- 2 Explain what it means to be healthy and how healthy eating and sleeping patterns help the body grow and develop. 2.1.2
- 3 Identify the benefits of healthy peer and family relationships. 2.1.3
- 4 Identify safety hazards in the home and the community. 2.1.4
- 5 Explain why it is harmful to tease or bully others based on personal characteristics. 2.1.5
- 6 Identify short and long-term physical effects of being exposed to tobacco smoke. 2.1.6
- 7 Explain why inappropriate touches should be reported to a trusted adult. 2.1.7

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

- 1 Identify and explain how community opportunities can influence personal health decisions and behaviors. 2.2.1

Access valid information, products and services to enhance health.

- 1 Demonstrate how to locate school, home or community health care helpers to enhance health. 2.3.1
- 2 Identify trusted adults within the community that provide personal health services. 2.3.2

Use interpersonal communication skills to enhance health and avoid or reduce health risks.

- 1 Demonstrate effective listening and verbal communication skills. 2.4.1
- 2 Demonstrate healthy ways to effectively communicate needs, wants and feelings. 2.4.2
- 3 Demonstrate appropriate ways to respond to an unwanted, threatening or dangerous situations. 2.4.3
- 4 Identify a trusted adult to ask for help in an unhealthy situation. 2.4.4
- 5 Demonstrate how to communicate care and concern for others. 2.4.5

Use decision-making skills to enhance healthy behaviors.

- 1 Explain the potential outcomes of personal health decisions. 2.5.1**
- 2 Explain the difference between when a health-related decision can be made individually and when assistance is needed. 2.5.2**
- 3 Identify how family, peers and media impact health-related decision making. 2.5.3**
- 4 related decision making. 2.5.4**

Use goal-setting skills to enhance healthy behaviors.

- 1 Set goals for positive physical, mental and emotional health. 2.6.1**
- 2 Analyze steps needed to reach a health-related goal. 2.6.2**
- 3 Describe people who can support the achievement of health-related goals. 2.6.3**

Practice health-enhancing behaviors and avoid or reduce health risks.

- 1 Describe personal responsibility in making healthy life decisions. 2.7.1**
- 2 Describe behaviors that can cause harm to personal wellness. 2.7.2**
- 3 Describe positive health behaviors regarding personal wellness, physical activity and safety. 2.7.3**

Advocate for personal, family and community health.

- 1 Demonstrate how to encourage peers to make healthy behavior choices. 2.8.1**
- 2 Make a request of others to advocate to improve their personal health. 2.8.2**