

Grade 1

Students will comprehend concepts related to health promotion and disease prevention to enhance health, including: 1

a Mental and Emotional Health 1A

Emotions

- 1 Explain the relationship between emotions and behavior. 1A.1.1
- 2 Describe appropriate ways to express one's emotions and practice positive coping skills. 1A.1.2

Self and social awareness

- 3 Identify a variety of own emotions and ways the body signals these emotions. 1A.1.3
- 4 Identify how others may be feeling based on verbal and nonverbal cues and respond in a healthy way. 1A.1.4
- 5 Identify and describe skills and activities that are done well and those that require help. 1A.1.5

Relationships

- 6 Describe healthy ways to express affection, love, friendship, and concern. 1A.1.6

Teasing, bullying, and harassment

- 7 Identify why it is hurtful to tease or bully others. 1A.1.7

Trusted adult

- 8 Describe the importance of talking with trusted adults about emotions and concerns. 1A.1.8

b Substance Abuse Prevention 1B

Medicine

- 1 Describe how to use medicine safely. 1B.1.1
- 2 Explain the harmful effects of medicine when used incorrectly. 1B.1.2

Household products

- 3 Describe how products can be harmful if inhaled, absorbed, or ingested. 1B.1.3

Alcohol and nicotine

c Family Life and Human Sexuality 1C

Healthy relationships and consent

- 1 Describe differences in families. (e.g., single-parent, samegender, intergenerational, cohabitating, adoptive, foster, etc.). **1C.1.1**
- 2 Identify healthy family and peer relationships. **1C.1.2**
- 3 Demonstrate how to communicate respect for someone's personal boundaries. **1C.1.3**

Gender identity and expression

- 4 Identify a range of ways people identify and express gender. **1C.1.4**
- 5 Identify ways to treat people of all gender identities and expressions with dignity and respect. **1C.1.5**

d Safety and Violence Prevention 1D

Physical safety

- 1 Recognize and follow basic safety rules related to sharp objects, bodily fluids, playgrounds, water, and electricity. 1D.1.1
- 2 Describe the function of safety equipment (e.g., helmets, knee pads, and elbow pads.) 1D.1.2
- 3 Identify safety hazards in the community. 1D.1.3

Relationships

- 4 Identify words and actions that appropriately express affection or other positive feelings toward trusted adults and other important people. 1D.1.4

Safety around people

- 5 Practice actions that help one to stay safe around strangers. 1D.1.5
- 6 Identify how familiar people or people in authority can help or harm children. 1D.1.6
- 7 Demonstrate refusal skills and other ways to take action if someone is making you feel uncomfortable, unsafe, or disrespected. 1D.1.7
- 8 Explain the difference between secrets and surprises. 1D.1.8

Trusted adults

- 9 Identify and access adults who can help children. 1D.1.9
- 10 Explain the importance of sharing all information with parents/guardians/trusted adults. 1D.1.10

Technology safety

- 11 Identify appropriate boundaries when using technology and the internet. 1D.1.11

Boundaries and consent

- 12 Analyze age-appropriate privacy as well as setting and respecting healthy boundaries online and face-to-face. 1D.1.12
- 13 Explain that everyone has the right to tell others not to touch their body when they do not want to be touched and to have those boundaries respected by others. 1D.1.13

Private parts

- 14 Identify parts of the body that are private on self or others. 1D.1.14
- 15 Explain that it is never a person's fault if someone causes them to feel unsafe. 1D.1.15

e Healthy Eating 1E

Nutritious foods and beverages

- 1 Identify the benefits of drinking water. 1E.1.1
- 2 Describe the benefits of trying new foods and the importance of respecting the food choices of others. 1E.1.2
- 3 Identify nutritious choices from each food group. 1E.1.3

Eating patterns

- 4 Summarize signals that a person is hungry and full. 1E.1.4

Moderation and “all foods fit.”

- 5 Identify eating patterns that provide energy and help the body grow, develop and perform different jobs. 1E.1.5
 - 6 Describe the benefits of eating breakfast. 1E.1.6
 - 7 Define the concept of moderation and the idea that “all foods fit.” 1E.1.7
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f Disease Prevention and Control 1F

Disease

Disease prevention

- 1 Describe the importance of handwashing and covering a cough or sneeze to prevent the spread of germs. 1F.1.1

Hygiene

- 2 Identify why hygiene is important to health. 1F.1.2

Food and illness

- 3 Identify food safety practices. 1F.1.3

Teeth

- 4 Describe the proper steps for daily brushing and flossing teeth. 1F.1.4

Sun

- 5 List ways to prevent harmful effects of the sun. 1F.1.5

Sleep

Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. 2

a Identify how the family influences personal health practices and behaviors. 2.E1.1.A

b Identify what the school can do to support personal health practices and behaviors. 2.E1.1.B

c Describe how the media can influence health behaviors. 2.E1.1.C

Students will demonstrate the ability

a Identify trusted adults and professionals who can help promote health. 3.E1.1.A

to access valid information, products, and services to enhance health. 3

b Identify ways to locate school and community health helpers. 3.E1.1.B

Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. 4

a Demonstrate healthy ways to express needs, wants and feelings. 4.E1.1.A

b Demonstrate listening skills to enhance health. 4.E1.1.B

c Demonstrate ways to respond when in an unwanted, threatening or dangerous situation. 4.E1.1.C

d Demonstrate ways to tell a trusted adult if one is threatened or harmed. 4.E1.1.D

Students will demonstrate the ability to use decision-making skills to enhance health. 5

a Identify situations when a health-related decision is needed. 5.E1.1.A

b Differentiate between situations when a health-related decision can be made individually and when assistance is needed. 5.E1.1.B

Students will demonstrate the ability to use goal-setting skills to enhance health. 6

a Identify a short-term personal health goal and take action toward achieving the goal. 6.E1.1.A

b Identify who can help when assistance is needed to achieve a personal health goal. 6.E1.1.B

Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. 7

a Demonstrate healthy practices and behaviors to maintain or improve personal health. 7.E1.1.A

b Demonstrate behaviors that avoid or reduce health risks. 7.E1.1.B

Students will demonstrate the ability to advocate for personal, family, and community health. 8

a Make requests to promote personal health. 8.E1.1.A

b Encourage peers to make positive health choices. 8.E1.1.B
