

Kindergarten

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

a Mental and Emotional Health **1A**

Emotions

- 1 Identify appropriate ways to express emotions. **1A.K.1**
- 2 Identify big or strong emotions and safe and unsafe ways of expressing one's emotions. **1A.K.2**

Self and social awareness

- 3 Demonstrate awareness of personal emotions and how they may be the same or different from others. **1A.K.3**
- 4 Recognize the feelings of another child and how to respond in a healthy way. **1A.K.4**
- 5 Identify personal strengths. **1A.K.5**

Relationships

- 6 Identify a variety of relationships. **1A.K.6**

Teasing, bullying, and harassment

- 7 Identify the benefits of people's uniqueness. **1A.K.7**

Trusted adult

- 8 Identify the importance of talking with parents and other trusted adults about emotions. **1A.K.8**

b Substance Abuse Prevention **1B**

Medicine

- 1 Define medicine. **1B.K.1**
- 2 Identify school rules about use of medicine. **1B.K.2**
- 3 Recognize that medicine can be harmful if used incorrectly. **1B.K.3**

Household products

- 4 Identify products that can be harmful if inhaled, absorbed, or ingested. **1B.K.4**

Alcohol and nicotine

c Family Life and Human Sexuality **1C**

Healthy relationships and consent

- 1 Identify that family is a group of people that support each other. 1C.K.1
- 2 Identify different types of families (e.g., single-parent, same-gender, intergenerational, cohabitating, adoptive, foster, etc.). 1C.K.2
- 3 Recognize pro-social behaviors (e.g., helping others, being respectful of others, cooperation, and consideration). 1C.K.3
- 4 Recognize that individuals have personal boundaries and bodily autonomy. 1C.K.4

Gender identity and expression

- 5 Recognize a range of ways people identify and express their gender. 1C.K.5
- 6 Recognize it is important to treat people of all gender identities and expressions with dignity and respect. 1C.K.6

d Safety and Violence Prevention 1D

Physical safety

- 1 Explain what to do if someone is injured or suddenly ill and how to call 911. 1D.K.1
- 2 Identify proper safety for activities including biking, skateboarding, and riding in a car. 1D.K.2
- 3 Identify escape routes at home and school. 1D.K.3
- 4 Identify ways to stay safe when riding in a vehicle or bus. 1D.K.4

Relationships

- 5 Identify appropriate displays of affection between people and in a variety of situations, including physical touch and verbal interactions. 1D.K.5

Safety around people

- 6 Explain actions that help one to stay safe around strangers. 1D.K.5
- 7 Identify how to respond when asked to keep an uncomfortable secret. 1D.K.7

Trusted adults

- 8 Demonstrate the ability to seek help from trusted adults. 1D.K.8
- 9 Practice talking to adults about personal safety and feelings. 1D.K.9

Technology safety

- 10 Identify personal information and when to share it with other people. 1D.K.10

Boundaries and consent

- 11 Identify age-appropriate privacy as well as setting and respecting healthy boundaries. 1D.K.11

Private parts

- 12 Identify parts of the body that are private of self or others. 1D.K.12

Compassion for victims

e Healthy Eating 1E

Nutritious foods and beverages

- 1 Identify the benefits of drinking water. 1E.K.1
- 2 Identify the benefits of trying new foods. 1E.K.2
- 3 Identify a variety of nutritious foods and beverages and recognize that foods are categorized into groups. 1E.K.3

Eating patterns

- 4 Describe body signals that a person is hungry and full. 1E.K.4

Moderation and “all foods fit.”

- 5 Explain how food affects the body. 1E.K.5
 - 6 Recognize that eating in regular increments helps a person’s body. 1E.K.6
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f Disease Prevention and Control 1F

Disease

- 1 Identify potential food and non-food triggers that are common causes of allergic reactions. 1F.K.1

Disease prevention

- 2 Identify the steps for proper handwashing. 1F.K.2

Hygiene

- 3 Identify personal health care practices. 1F.K.3

Food and illness

- 4 Identify food can contain germs that can cause illness. 1F.K.4

Teeth

- 5 Identify the proper steps for daily brushing and flossing teeth. 1F.K.5

Sun

Sleep

- 6 Identify why sleep and rest are important for proper growth and good health. 1F.K.6
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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.K.A

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

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

Students will demonstrate the ability

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

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

b Identify ways to locate school and community health helpers. 3.E1.P.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.P.A

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

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

d Demonstrate ways to tell a trusted adult if one is threatened or harmed. 4.E1.P.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.K.A

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

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

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

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

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

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