Montana Health Enhancement

Grade 1

Adopted 2016

Comprehend concepts related to health promotion and disease prevention to enhance personal health.	1. **Describing healthy behaviors;** A.1.1 2. **Giving examples of physical, mental, emotional, family, and social health, including those of traditional and contemporary American Indian cultures and practices;** A.1.2 3. **Identifying ways to prevent the spread of germs;** A.1.3 4. **Identifying environmental factors that can affect health;** A.1.4 5. **Identifying ways to be safe and healthy at school and in the community;** A.1.5 6. **Identifying common childhood injuries and their treatment;** A.1.6 7. **Identifying reasons for seeing a health care professional; and** A.1.7 8. **Identifying basic body systems such as circulatory, respiratory, cardiovascular, skeletal, muscular, digestive, and nervous.** A.1.8
Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	1. **Describing ways a family practices health promotion;** B.1.1 2. **Identifying ways that peers influence behavior;** B.1.2 3. **Identifying ways in which schools promote personal health practices and behaviors; and** B.1.3 4. **Identifying examples from different media sources that influence health.** B.1.4
Demonstrate the ability to access valid information, products, and services to enhance health.	1. **Describing ways adults can help promote health; and** C.1.1 2. **Describing school and community health and safety resources.** C.1.2
Demonstrate the ability to use interpersonal communication skills to en av risks.	1. **Showing how to share feelings in a healthy way;** D.1.1 2. **Describing ways listening is a respectful and caring behavior;** D.1.2 **Describing and demonstrating how to use a variety of refusal skills; and** D.1.3

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	4. Describing how to get help in a dangerous situation. D.1.4
Demonstrate the ability to use decision-making skills to enhance health and safety.	1. Identifying steps in making safe and healthy decisions; E.1.1 2. Identifying examples of responsible safety and health-related decisions; E.1.2 3. Identifying ways to solve safety and health-related issues or problems; E.1.3 4. Identifying possible consequences of choices when making safety and health-related decisions. E.1.4
Demonstrate the ability to use goal-setting skills to enhance health.	1. Explaining types of healthy habits; and F.1.1 2. Identifying a goal and who can help achieve that goal. F.1.2
Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.	1. Identifying examples of healthy behaviors toward self and others; G.1.1 2. Telling ways to maintain or improve personal health behaviors; and G.1.2 3. Explaining harmful or risky behaviors to health. G.1.3
Demonstrate the ability to advocate for personal, family, and community health.	1. Expressing how to ask others to assist in promoting health; H.1.1 2. Showing how peers can make positive health choices; and H.1.2 3. Listing a variety of health-related messages. H.1.3