Montana Health Enhancement

Grade 2

Adopted 2016

Comprehend concepts related to health promotion and disease prevention to enhance personal health.	1. **Identifying and explaining how health behaviors affect personal health;** A.2.1 2. **Recognizing that there are multiple dimensions of health, such as physical, mental, and emotional, as well as family and social health, including those of traditional and contemporary American Indian cultures and practices;** A.2.2 3. **Describing some ways to prevent childhood communicable diseases;** A.2.3 4. **Describing common environmental factors that can affect health;** A.2.4 5. **Giving examples of how to be safe at school and in the community;** A.2.5 6. **Identifying ways to prevent and treat common childhood injuries;** A.2.6 7. **Describing why it is important to seek health care; and** A.2.7 8. **Identifying basic body systems and their function such as the circulatory, respiratory, cardiovascular, skeletal, muscular, digestive, and nervous.** A.2.8
Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	1. **Identifying how family and culture influence personal health practices and behaviors;** B.2.1 2. **Identifying ways that peers influence behavior;** B.2.2 3. **Identifying what the school can do to support personal health practices and behaviors;** B.2.3 4. **Describing how the media can influence health behaviors; and** B.2.4 5. **Giving examples of school or community policies that promote health and safety.** B.2.5
Demonstrate the ability to access valid information, products, and services to enhance health.	1. **Identifying trusted adults and professionals who can help promote health;** C.2.1 2. **Identifying ways to locate school and community health and safety resources.** C.2.2
De to use interpersonal	**Identifying healthy ways to express needs, wants, and feelings;** D.2.1

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communication skills to enhance health and avoid or reduce health risks.	2. Using listening skills to enhance health; D.2.2 3. Exhibiting ways to respond in an unwanted, threatening, or dangerous situation; and D.2.3 4. Expressing ways to tell a trusted adult if threatened or harmed. D.2.4
Demonstrate the ability to use decision-making skills to enhance health and safety.	1. Identifying situations when a safety and health-related decision is needed; E.2.1 2. Differentiating between situations when a safety and health-related decision can be made individually or when assistance is needed; E.2.2 3. Describing ways to solve safety and health-related issues or problems; E.2.3 4. Describing possible consequences of choices when making safety and health-related decisions. E.2.4
Demonstrate the ability to use goal-setting skills to enhance health.	1. Identifying short-term personal health goals and taking action towards achieving goals; and F.2.1 2. Identifying who can help when assistance is needed to achieve a personal health goal. F.2.2
Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.	1. Exhibiting healthy behaviors toward self and others; G.2.1 2. Exhibiting healthy practices and behaviors to maintain or improve personal health; and G.2.2 3. Discussing behaviors that avoid or reduce health risk. G.2.3
Demonstrate the ability to advocate for personal, family, and community health.	1. Making requests to promote health; H.2.1 2. Identifying ways to encourage others to make positive health choices; and H.2.2 3. Describing health messages and communication techniques. H.2.3