Nevada Health

Grade 2

Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Personal, Community, and Environmental Health Strand

1. Explain a variety of healthy practices and behaviors to maintain or improve personal, community, and environmental health. 1.PCE.2.1
2. Define communicable and noncommunicable diseases. 1.PCE.2.2
3. Recognize similarities and differences between individuals and communities. 1.PCE.2.3
4. Identify different kinds of family structures. 1.PCE.2.4

Mental and Emotional Health Strand

1. Describe how the body responds to emotions physically and behaviorally. 1.ME.2.1
2. Describe how the expression of emotions can influence actions. 1.ME.2.2

Nutrition and Physical Activity Strand

1. Describe how each food group contributes to a healthy body. 1.NP.2.1
2. Identify types of physical activity and their health benefits. 1.NP.2.2

Substance Use and Abuse Strand

1. Explain the differences between overthe-counter and prescription medications. 1.SUA.2.1
2. Describe the effects of alcohol, tobacco, marijuana, and other drugs have on the body. 1.SUA.2.2

Safety Practices, Injury Prevention, and CPR/AED Strand

1. Recognize the importance of knowing your emergency contacts and when it is appropriate to use them in order to prevent injury. 1.SIC.2.1

Personal Safety Strand

1. Describe safe personal space of self and others. 1.PS.2.1
2. Recognize abusive behaviors and actions including various hazards and dangers particular to children and ways to get help. 1.PS.2.2
3. Recognize when to report an unsafe situation to a safe/trusted adult. 1.PS.2.3
4. Identify various steps to take if separated or lost from a parent, guardian, or caregiver. 1.PS.2.4

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Analyze Influences: Students will analyze the influences of family, peers, culture, media, technology, and other factors have on health behaviors.	**Strand** 1 Discuss sources of family, peers, culture, media technology and other factors that influence health behaviors. `2.AF.2.1`
Access Information: Students will demonstrate the ability to access reliable health information, products, and services to enhance health.	**Strand** 1 Identify safe/trusted adults in the school and community who can assist with accessing reliable health information, products, and services. `3.AI.2.1`
Interpersonal Communication: Students will demonstrate the ability to use interpersonal communication skills to enhance health and to avoid or reduce health risks.	**Strand** 1 Demonstrate healthy ways to express needs, wants and feelings to enhance health and to avoid or reduce health risks. `4.IC.2.1` 2 Identify different types of refusal skills to enhance health. `4.IC.2.2`
Decision Making: Students will demonstrate the ability to use decision-making skills to enhance health.	**Strand** 1 Describe decisions regarding healthy and unhealthy situations. `5.DM.2.1` 2 Differentiate between situations when a health-related decision can be made individually or when assistance is needed. `5.DM.2.2`
Goal Setting: Students will demonstrate the ability to use goal-setting skills to enhance health.	**Strand** 1 Identify a shortterm health goal and take action toward achieving the goal. `6.GS.2.1` 2 Identify who can help when assistance is needed to achieve a health goal. `6.GS.2.2`
Self-Management: Students will demonstrate the ability to practice health-enhancing behaviors and to avoid or reduce health risks.	**Strand** 1 Describe a variety of healthy practices and behaviors to maintain or improve personal health. `7.SM.2.1` 2 Demonstrate behaviors that avoid or reduce health risks. `7.SM.2.2`
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to support/promote personal, family, and community health.

Encourage peers to make positive health choices. 8.AV.2.1

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