New Hampshire Health Education

Grades K, 1, 2, 3, 4, 5

Adopted 2003

Alcohol and Other Drugs

1. **Short-Term and Long-Term Benefits and Risks of Medicinal Drugs**
   - 1.1 differences between medicinal and non-medicinal drug use
   - 1.2 benefits and correct use of medicine
   - 1.3 risks of incorrect use of medicines
   - 1.4 school rules for taking medicine at school
2. **Short-Term and Long-Term Effects of AOD Use**
   - 2.1 differences between dependence and addiction
   - 2.2 physical, social, and emotional effects
   - 2.3 risks of inhalants
   - 2.4 signs and behaviors of AOD use
   - 2.5 benefits of not using AOD (physical, social, emotional, legal, financial)
3. **Positive and Negative Influences on AOD Use**
   - 3.1 pressures to use
   - 3.2 internal influences
   - 3.3 family influences
   - 3.4 peer influences
   - 3.5 cultural influences
   - 3.6 legal factors
   - 3.7 influences on different types of AOD use
4. **Healthful Choices about AOD Use**
   - 4.1 how to accept personal responsibility for choices about alcohol and other non-medicinal drug use
   - 4.2 how to make a personal commitment not to use

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5. Communicating Healthful Choices about AOD Use

- 5.1 techniques to refuse AOD use
- 5.2 how to get help to deal with pressure to use
- 5.3 how to encourage others not to use

Injury Prevention

1. Fire Safety

- 1.1 strategies to prevent fires
- 1.2 escape plans
- 1.3 how to get help
- 1.4 strategies to stay safe around electricity
- 1.5 how to stop, drop, and roll

2. Water Safety

- 2.1 importance of adult supervision
- 2.2 buddy systems
- 2.3 precautions when entering or being around water
- 2.4 how to use personal flotation devices

3. First Aid Care and Prevention

- 3.1 how to get help
- 3.2 steps for helping others
- 3.3 universal precautions (infection control procedures)
- 3.4 how to prevent animal bites
- 3.5 how to prevent choking
- 3.6 how to prevent poisoning
- 3.7 practices for medicine cabinet safety
- 3.8 how to treat minor wounds and burns

4. Traffic Safety

- 4.1 importance of using bicycle helmets
- 4.2 importance of using safety belts
- 4.3 being safe in cars (riding in the back seats)
- 4.4 strategies for safe walking
- 4.5 strategies for bicycle safety
- 4.6 school bus safety practices
- 4.7 dangers of riding with impaired driver

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5. Personal Safety

- 5.1 how to recognize child abuse and get help
- 5.2 safety techniques for dealing with strangers
- 5.3 about appropriate and inappropriate touch

6. Violence Prevention

- 6.1 conflict resolution techniques
- 6.2 ways to avoid threatening situations
- 6.3 ways to deal with bullying
- 6.4 ways to avoid weapons
- 6.5 how to report weapons

Nutrition

1. Healthful Eating

- 1.1 benefits of healthful eating (short-term and long-term benefits and risks)
- 1.2 how to select variety and proportions of foods (consistent with Food Guide Pyramid)
- 1.3 benefits of consuming more water, fruits, vegetables, grains, and calcium-rich foods
- 1.4 benefits of decreasing fat intake
- 1.5 benefits of moderating sugar intake
- 1.6 healthful strategies for dealing with personal food preferences, restrictions, and barriers

2. Accessing Nutrition Information and Products

- 2.1 how to read food nutrition labels
- 2.2 features of the Food Guide Pyramid
- 2.3 Dietary Guidelines

3. Influences on Food Choices

- 3.1 how to assess personal likes and dislikes
- 3.2 family influences
- 3.3 peer influences
- 3.4 cultural influences
- 3.5 how marketing, packaging, and advertising influence food choices

4. Balancing Food Intake and Physical Activity

- 4.1 that energy is expended during exercise
- 4.2 energy available from foods (calories)

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	4.3 relationship between physical activity, eating, and health
	5. Food Safety
	5.1 food sanitation (hands, food, utensils, surfaces)
	5.2 techniques for safe food preparation, serving, and storage
Physical Activity	**1. Healthful Physical Activity**
	1.1 benefits and risks of physical activity, including mental and social benefits
	1.2 phases of a workout: warmup, work out, cool down
	1.3 types of exercise: aerobic, stretching, strengthening
	1.4 how to develop personal plans that include a variety of types and amounts of activity
	1.5 how to develop personal plans that account for personal preferences, restrictions, and barriers
	1.6 strategies for protection from cold, heat, and sun during activity, e.g, sunscreen
	1.7 importance of healthful eating
	2. Influences on Physical Activity
	2.1 internal influences
	2.2 family influences
	2.3 peer influences
	3. Prevention of Sports and Exercise Injuries
	3.1 importance of using protective equipment
	3.2 how to evaluate unsafe settings or weather conditions
	3.3 signs of physical exhaustion
Family Life and Sexuality	**1. Families and Relationships**
	1.1 how to be a responsible family member
	1.2 diversity of family structures
	1.3 ways to communicate respect for self and others
	1.4 effects of changes in families, e.g., birth, marriage, divorce, death

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	2. Growth and Development 2.1 emotional changes 2.2 physical changes 2.3 social changes 2.4 about puberty and adolescence 2.5 about growing and aging
Tobacco	**1. Tobacco Harms Health** 1.1 that nicotine is a drug 1.2 harmful effects of tobacco 1.3 risks of different types of tobacco 1.4 second-hand smoke risks
	2. Influences on Tobacco Use 2.1 internal influences 2.2 family influences 2.3 peer influences 2.4 advertising
	3. Choosing to Be Tobacco Free 3.1 how to make a personal commitment not to use 3.2 ways to resist pressure to use 3.3 ways to encourage others not to use 3.4 that most people do not use tobacco 3.5 the difficulty of stopping tobacco use
	4. Benefits of Being Tobacco Free 4.1 long-term and short-term health benefits 4.2 social benefits 4.3 financial benefits
Mental Health	**1. Positive Self-Image** 1.1 personal assets and strengths 1.2 characteristics of positive role models 1.3 actions that show sense of belonging (connectiveness) 1.4 actions that show sense of power (empowerment)
	2. Emotional Health

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2.1 how to express needs, wants, and feelings

2.2 positive ways to handle emotions, e.g., fear, anger, happiness, sadness

2.3 ways to manage and reduce anger

2.4 ways to deal with frustration

2.5 ways to manage conflict

2.6 how to identify stressors

2.7 ways to reduce stress

3. Interpersonal Relationships and Communication

3.1 strategies to build and maintain healthy friendships

3.2 ways to communicate respect for diversity, e.g., mental and physical disabilities, culture, race/ethnicity

3.3 strategies that build relationships with family members and other adults

3.4 how to speak effectively, e.g., I-statements, eye contact, assertiveness

3.5 effective listening skills, e.g., reflective listening

3.6 characteristics of nonverbal communication

3.7 how to identify abuse

4. Resources and Support

4.1 when to get help

4.2 why to get help

4.3 how to get help and support

4.4 whom to ask for help

Personal and Consumer Health

1. Personal Health Care

1.1 effective techniques for hand washing

1.2 importance of bathing

1.3 importance of clean clothing

1.4 importance of clean hair

1.5 effective techniques for tooth care: brushing and flossing

1.6 importance of regular dental cleaning and checkups

1.7 proper eye and ear care

1.8 body changes that occur during growth and development

2. Preventing Disease and Infection

2.1 importance of immunizations

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2.2 techniques for preventing disease transmission, e.g., covering sneezes and coughs, frequent hand washing

2.3 ways to avoid contact with infectious agents

2.4 strategies to prevent head lice and other parasitic infections

2.5 benefits of using sunscreen

2.6 benefits of wearing protective clothing

2.7 ways to manage diabetes, asthma, and allergies

3. Selecting and Using Health Care Products and Services

3.1 value of regular health care screenings

3.2 how to use prescribed medicines appropriately

3.3 how to use over-the-counter vitamins and other drugs appropriately

3.4 roles of various health care providers

Community and Environmental Health

1. Community Health Services

1.1 resources for health information, e.g., library, health department, Internet, voluntary agencies

1.2 school and community health providers, e.g., EMTs, environmentalists, public health nurses, pharmacists

1.3 public health services in the community

2. Environmental Health and Resource Conservation

2.1 strategies to prevent hazardous exposures, e.g., UV light, lead, asbestos, pesticides, unclean water

2.2 professionals who protect the health and safety of the community/neighborhood, e.g., public health professionals, public safety professionals, environmentalists

2.3 how individual behavior affects the environment and the community, e.g., recycling

2.4 environmentally safe ways to discard waste materials

2.5 types of waste materials that can be reduced, reused, or recycled

2.6 environmentally safe options for using natural resources