Oregon Health

Grade 2

Wellness and Health Promotion WHP	1	**Discuss how many of our personal values come from families, communities, and culture.** 2.WHP.1
	2	**Identify practices that reduce illness.** 2.WHP.2
	3	**Describe ways to protect vision, hearing, and teeth.** 2.WHP.3
	4	**Describe the benefits of getting enough sleep and potential problems associated with not getting enough sleep.** 2.WHP.4
	5	**Locate a trusted adult in the school building to help access valid and reliable health information and services.** 2.WHP.5
	6	**Describe ways in which schools and neighborhoods influence health behaviors.** 2.WHP.6
Safety and First Aid SFA	1	**Demonstrate the importance of wearing helmets, pads, mouth guards, personal flotation devices, and other safety equipment during athletic and outdoor activities.** 2.SFA.1
	2	**List examples of dangerous behaviors that might lead to injuries.** 2.SFA.2
	3	**Identify trusted adults that help keep people safe at home, at school, and in the community.** 2.SFA.3
	4	**Identify why it is important that people of all abilities can safely access school and other buildings.** 2.SFA.4
	5	**Discuss threats of safety or harm and protective procedures, including those related to dangerous objects and firearms.** 2.SFA.5
	6	**Explain why it is important to ask a trusted adult before using online devices.** 2.SFA.6
Substance Use, Misuse, and Abuse SUB	1	**Identify the difference between medicine to help people who are sick and other types of substances that can be harmful to the body.** 2.SUB.1
	2	**Describe how tobacco and secondhand smoke harms the body.** 2.SUB.2
	3	**Describe safety rules for over-the-counter and prescription drug use.** 2.SUB.3

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	4 List steps to take when offered substances. 2.SUB.4
Food, Nutrition, and Physical Activity FNP	1 Identify a variety of places and sources that food can come from and how it gets to people. 2.FNP.1
	2 Identify the five major food groups and give an example of foods in each group. 2.FNP.2
	3 Describe the importance of eating a variety of fruits and vegetables and identify foods that provide the nutrients required to help the body grow, learn, and develop. 2.FNP.3
	4 Develop a plan and set a goal to keep hydrated and limit sugary beverages. 2.FNP.4
	5 Explain how physical activity and eating patterns can affect a person's health. 2.FNP.5
	6 Recognize how the foods that people eat can reflect cultural backgrounds and the area in which people live. 2.FNP.6
	7 Recognize some people have intolerances and allergies to foods including nuts, wheat, eggs, shellfish, and dairy products. 2.FNP.7
	8 Identify how people have different levels of access to foods. 2.FNP.8
Social, Emotional, and Mental Health SEM	1 TSEL Practice 1B Understand the stress response system (regulation and dysregulation) and what environments and experiences activate those responses. 2.SEM.1
	2 TSEL Practice 1C Reflect on and evaluate how one's emotions, thoughts, and perspectives (including values, biases, and prejudices) can influence behavior. 2.SEM.2
	3 Describe the different ways that people can experience or exhibit stress, anxiety, social isolation, and sadness. 2.SEM.3
Healthy Relationships and Violence/Abuse Prevention HRVP	1 TSEL Practice 4C Recognize and acknowledge when there is harm to self and others and identify when support, agency, and practices to repair and restore are needed. 2.HRVP.1
	2 Demonstrate how to effectively identify and communicate needs, wants, and feelings in healthy ways. 2.HRVP.2
	3 Discuss how diversity in race, gender, and ability enrich relationships and communities. 2.HRVP.3
	4 Define bodily autonomy, personal boundaries, and consent. 2.HRVP.4

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	5	**Recognize that friends, family, teachers, and community members can help each other.** 2.HRVP.5
	6	**Recognize bullying, cyberbullying, and teasing in multiple types of relationships and the need to tell a trusted source that can help.** 2.HRVP.6
	7	**Define and identify different forms of violence and abuse, including physical, verbal, sexual, and emotional.** 2.HRVP.7
	8	**Identify that abuse is never a child's fault and describe how to communicate personal boundaries and report unsafe or or unwanted touch.** 2.HRVP.8
Growth and Development GD	1	**Recognize that humans grow and mature at different ages and in different ways.** 2.GD.1
	2	**Recognize that there are many different types of families that may or may not be genetically related, including blended, adopted, and foster families.** 2.GD.2