South Carolina Health and Safety Education

Grade 2

Adopted 2017

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

1. **Describe ways that alcohol, tobacco, and other drugs (ATOD) can be harmful.** D-2.1.1
2. **Explain the difference between over-the-counter (OTC) and prescription drugs.** D-2.1.2
3. **Describe how medicines and immunizations help fight disease.** D-2.1.3

1. **Locate bones in the skeletal system.** G-2.1.1
2. **Describe the parts of the circulatory system and their function (heart, blood vessels).** G-2.1.2
3. **Identify examples of what occurs in the stages of growth and development in childhood.** G-2.1.3

1. **Define the term first aid.** I-2.1.1
2. **Discuss first aid for minor injuries (e.g., cuts, burns, insect stings, poisons).** I-2.1.2
3. **Define bullying and what it means to be a bystander.** I-2.1.3

1. **Define the terms mental health, emotional health, and social health.** M-2.1.1
2. **Discuss ways to be a good friend.** M-2.1.2
3. **Describe good character traits (e.g., honesty, respect for self, respect for others, dependability, responsibility).** M-2.1.3

1. **Identify eating behaviors that promote health, including oral health.** N-2.1.1
2. **Identify physical activities that promote the key components of health-related fitness.** N-2.1.2
3. **Explain the importance of limiting one's screen time and increasing physical activity.** N-2.1.3

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Explain ways that family, friends, and the media influence an individual's use of ATOD both positively and negatively. D-2.2.1

peers, culture, media, technology, and other factors on health behaviors.	1. Describe ways that family, friends, and the media can help a person stay safe and avoid injury. I-2.2.1
	1. Describe ways that the media, school, and community influence an individual's food choices both positively and negatively. N-2.2.1
	2. Describe ways that the media, school, and community influence an individual's physical activity both positively and negatively. N-2.2.2
	1. Identify ways that family, friends, school, community, and the media influence an individual's health practices and behaviors both positively and negatively. P-2.2.1
Students will demonstrate the ability to access valid information, products, and services to enhance health.	1. Explain ways to identify safe adults in the school and community from whom students can safely take medicine. D-2.3.1
	1. Locate places where children and families can be physically active. N-2.3.1
	1. Discuss ways to identify safe adults who can help promote a person's health. P-2.3.1
	2. Describe what happens when someone goes to a dentist. P-2.3.2
Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	1. Demonstrate ways to respond when in an unwanted, threatening, or dangerous situation. I-2.4.1
	2. Demonstrate ways to tell a safe adult when someone is in need of help, feels threatened, or has been harmed. I-2.4.2
	1. Demonstrate healthy ways to express needs, wants, and feelings. M-2.4.1
Students will demonstrate the ability to use decision-making skills to enhance health.	1. Describe how to choose friends with good character traits. M-2.5.1
	1. Demonstrate how to make healthy food choices. N-2.5.1
	1. Identify situations when a health-related decision is needed (e.g., awareness of personal hygiene; noticing a peer is injured). P-2.5.1
Students will demonstrate the ability to use goal-setting skills to enhance health.	1. Develop a personal safety plan to prevent or reduce injury. I-2.6.1
	1. Set a goal to eat the recommended amount of fruits and vegetables every day. N-2.6.1
	2. Set a goal to participate regularly in active play and enjoyable physical activities. N-2.6.2
	Set a goal to limit sugary foods and drinks. N-2.6.3

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	1. **Identify a long-term personal health goal and take action toward achieving the goal.** P-2.6.1
	2. **Identify who can help when assistance is needed to achieve a personal health goal.** P-2.6.2
Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.	1. **Discuss safety rules at home.** I-2.7.1
	2. **Discuss safety rules at school.** I-2.7.2
	3. **Identify safety rules in the community.** I-2.7.3
	1. **Demonstrate healthy ways to reduce stress.** M-2.7.1
	1. **Demonstrate healthy food and beverage choices for meals and snacks.** N-2.7.1
Students will demonstrate the ability to advocate for personal, family, and community health.	1. **Encourage friends and family members to make positive choices regarding use of ATOD.** D-2.8.1
	1. **Demonstrate ways to encourage family and friends to practice safe behaviors.** I-2.8.1
	1. **Encourage family members and friends to eat healthy foods and beverages as well as to be physically active.** N-2.8.1
	1. **Encourage others to protect and improve the environment.** P-2.8.1