South Dakota Health Education

Grades Pre-K, K, 1, 2

Adopted 2011

Students will comprehend concepts related to health promotion and disease prevention to enhance health.	1. **Identify that healthy behaviors affect personal health.** 1.2.1 2. **Identify the multiple dimensions of health.** 1.2.2 3. **Describe ways to prevent communicable diseases.** 1.2.3 4. **List ways to prevent common childhood injuries.** 1.2.4 5. **Describe why it is important to seek health care.** 1.2.5
Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.	1. **Identify how the family influences personal health practices and behaviors.** 2.2.1 2. **Identify what the school can do to support personal health practices and behaviors.** 2.2.2 3. **Describe how the media can influence health behaviors.** 2.2.3
Students will demonstrate the ability to access valid information and products and services to enhance health.	1. **Identify trusted adults and professionals who can help promote health.** 3.2.1 2. **Identify ways to locate school and community health helpers.** 3.2.2 3. **Explain the type of help provided by school and community health helpers.** 3.2.3
Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risk.	1. **Demonstrate healthy ways to express needs, wants, and feelings.** 4.2.1 2. **Demonstrate listening skills to enhance health.** 4.2.2 3. **Demonstrate ways to respond to an unwanted, threatening, or dangerous situation.** 4.2.3 4. **Demonstrate ways to tell a trusted adult if threatening or harmful behaviors affect self or others.** 4.2.4
Students will demonstrate the ability to ski	1. **Identify situations when a health-related decision is needed.** 5.2.1 **Differentiate between situations when a health-related decision can be made independently or when assistance is needed.** 5.2.2

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	3. **Describe potential consequences of health-related decisions.** 5.2.3
Students will demonstrate the ability to use goal-setting skills to enhance health.	1. **Identify a short-term personal health goal and take action toward achieving the goal.** 6.2.1 2. **Identify who can help when assistance is needed to achieve a personal health goal.** 6.2.2
Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risk.	1. **Demonstrate healthy practices and behaviors to maintain or improve personal health.** 7.2.1 2. **Demonstrate behaviors that avoid or reduce health risks.** 7.2.2
Students will demonstrate the ability to advocate for personal, family and community health.	1. **Make requests to promote personal health.** 8.2.1 2. **Encourage others to make positive health choices.** 8.2.2