Texas Health Education

Grade K

Adopted 2020

The student examines the structure, function, and relationships of body systems and their relevance to personal health. The student is expected to name the five senses. K.1	**1. The student examines the structure, function, and relationships of body systems and their relevance to personal health. The student is expected to name the five senses.** K.1
The student understands health literacy, preventative health behaviors, and how to access and evaluate health care information to make informed decisions. The student is expected to: K.2	**A. name people who can provide health care guidance such as parents, family members, trusted adults, teachers, and health care professionals;** K.2.A **B. identify personal hygiene and health habits that help individuals stay healthy such as hand washing and brushing teeth;** K.2.B **C. discuss ways in which germs are transmitted, methods of preventing the spread of germs, and the importance of immunization; and** K.2.C **D. identify head lice and biting insects that may cause illness and their proper removal and care.** K.2.D
The student identifies and applies strategies to develop socio-emotional health, self-regulation, and healthy relationships. The student is expected to: K.3	**A. identify their own feelings and emotions;** K.3.A **B. describe and practice calming and self-management strategies;** K.3.B **C. discuss how friends can influence a person's behavior;** K.3.C **D. demonstrate skills for making new acquaintances;** K.3.D **E. demonstrate respect and communicate appropriately with individuals; and** K.3.E **F. identify and practice ways to solve conflicts with a friend.** K.3.F
The student develops the capacity for self-assessment and evaluation, goal setting an or healthy self-concept.	**A. describe positive social skills and personal qualities such as truth, kindness, reliability, and respectfulness; and** K.4.A **B. discuss the meaning of goals and identify at least one health-related goal.** K.4.B

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The student is expected to: K.4	
The student develops and uses appropriate skills to identify and manage conditions related to mental health and wellness. The student is expected to discuss how to treat peers with different learning needs with dignity. K.5	**5. The student develops and uses appropriate skills to identify and manage conditions related to mental health and wellness. The student is expected to discuss how to treat peers with different learning needs with dignity.** K.5
The student identifies and explains healthy eating strategies for enhancing and maintaining personal health throughout the lifespan. The student is expected to: K.6	**A. demonstrate an understanding that the human body is composed mostly of water and explain the importance of drinking water daily;** K.6.A **B. identify healthy portion sizes for common food items;** K.6.B **C. identify types of foods that help the body grow, including fruits and vegetables, dairy, and protein; and** K.6.C **D. identify healthy and unhealthy snack choices.** K.6.D
The student identifies and explains risk and protective factors related to healthy eating and physical activity. The student is expected to: K.7	**A. describe basic facts of food allergy safety such as not sharing food and explain the importance of respecting others who have allergies; and** K.7.A **B. identify habits that help individuals stay healthy such as getting the proper amount of sleep and daily physical activity.** K.7.B
The student identifies and demonstrates safety and first aid knowledge to prevent and treat injuries. The student is expected to: K.8	**A. discuss and demonstrate procedures for responding to emergencies, including reporting to a parent or trusted adult or contacting 911; and** K.8.A **B. identify the purpose and demonstrate the proper use of protective equipment such as seat belts, booster seats, and bicycle helmets.** K.8.B
The student differentiates between healthy and unhealthy relationships and demonstrates effective strategies to address co ex	**A. identify roles and characteristics of a trusted adult;** K.9.A **B. identify and role play refusal skills such as saying "no" to protect personal space and to avoid unsafe situations and practice telling a parent or trusted adult if threatened; and** K.9.B **identify personal space and appropriate boundaries.** K.9.C

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The student understands that individual actions and awareness can impact safety, community, and environment. The student is expected to: K.10	**A.** name safe play environments; and K.10.A **B.** name objects that may be dangerous such as knives, scissors, and screwdrivers and explain how they can be harmful. K.10.B
The student understands how to be a safe and responsible citizen in digital and online environments. The student is expected to identify situations when one should get help from a teacher, parent, or trusted adult when made to feel bullied, uncomfortable, or unsafe in a digital or online environment. K.11	**11.** The student understands how to be a safe and responsible citizen in digital and online environments. The student is expected to identify situations when one should get help from a teacher, parent, or trusted adult when made to feel bullied, uncomfortable, or unsafe in a digital or online environment. K.11
The student understands the impact of interpersonal violence and the importance of seeking guidance and help to maintain personal safety. The student is expected to: K.12	**A.** identify bullying behaviors and the role of the bystander; K.12.A **B.** identify ways to discourage bullying; K.12.B **C.** describe appropriate actions to take in response to bullying such as telling a parent or a trusted adult; and K.12.C **D.** explain how to get help from a parent or trusted adult when made to feel uncomfortable or unsafe by another person. K.12.D
The student understands the difference between the use and misuse of different substances and how the use and misuse of substances impacts health. The student is expected to: K.13	**A.** discuss the proper usage of medications; and K.13.A **B.** discuss the harmful effects of alcohol, tobacco, and drugs on physical health. K.13.B
The student understands how various factors can influence	**14.** The student understands how various factors can influence decisions regarding substance use and the resources available for help. The student is expected to role play refusal skills and how to get help from a parent or trusted adult in

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regarding substance use and the resources available for help. The student is expected to role play refusal skills and how to get help from a parent or trusted adult in unsafe situations involving the use or misuse of alcohol, tobacco, and other drugs. K.14

unsafe situations involving the use or misuse of alcohol, tobacco, and other drugs. K.14