Utah Health

Grade 2 (June 2026 edition)

HEALTH FOUNDATIONS AND PROTECTIVE FACTORS OF HEALTHY SELF (HF) Students will learn the importance of goal-setting, decision-making skills, and develop social and emotional competence.	1	**Set a goal and discuss strategies for meeting the goal.** 2.HF.1
	2	**Recognize when assistance is needed in making decisions.** 2.HF.2
	3	**Identify ways to set, recognize, respect, and communicate personal boundaries.** 2.HF.3
	4	**Practice active-listening skills.** 2.HF.4
	5	**Describe characteristics of a good friend.** 2.HF.5
MENTAL AND EMOTIONAL HEALTH (MEH) Students will identify and respond to various emotions in appropriate ways.	1	**Identify the causes of different emotions and practice methods to express emotions appropriately.** 2.MEH.1
	2	**Describe ways to respond to uncomfortable emotions or situations.** 2.MEH.2
	3	**Identify trusted adults (for example, parent, guardian, relative, teacher, counselor, clergy) to talk with about emotions.** 2.MEH.3
SAFETY AND DISEASE PREVENTION (SDP) Students will learn how practices and behaviors contribute to good health.	1	**Explain how products (for example, sun protection, hygiene products, sports equipment, seatbelts, booster seats) can contribute to personal health.** 2.SDP.1
	2	**Identify personal behaviors that contribute to safe or unsafe use of technology.** 2.SDP.2
	3	**Describe reasons why people visit a healthcare provider (for example, doctor, dentist, counselor).** 2.SDP.3
	4	**Identify ways people can avoid coming in contact with another person's blood and bodily fluids.** 2.SDP.4
SUBSTANCE ABUSE PREVENTION (SAP) Students will learn how to refuse specific substances and understand the health risks associated with ha	1	**Recognize the health implications of harmful substances and demonstrate how to refuse alcohol, tobacco, nicotine, and other substances.** 2.SAP.1
	2	**Describe the role medications play in wellness and identify what is helpful or harmful.** 2.SAP.2

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NUTRITION (N) Students will understand nutritional terms and learn internal and external influences on eating.	1	**Identify food and beverage choices that contribute to good health.** 2.N.1
	2	**Define calorie as a measurement of energy and describe how calories are necessary for good health.** 2.N.2
	3	**Recognize the signals the body sends when hungry or full.** 2.N.3
	4	**Identify how family, peers, culture, and media influence eating habits.** 2.N.4
HUMAN DEVELOPMENT (HD) Students will learn basic anatomy and universal precautions. Utah Code requires parental notification for instruction on child sexual abuse prevention.	1	**Identify the proper names for body parts.** 2.HD.1
	2	**Discuss how to clearly say no, leave a situation or interaction, and identify and talk with a trusted adult when feeling uncomfortable, afraid, or unsafe.** 2.HD.2