

# Grade 2

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

## Health Promotion

Health Behaviors

- 1 Describe behaviors that enhance physical and mental health. [2.1.1](#)

Nutrition &

- 2 Summarize motivations for eating food. Examples: hunger, emotions [2.1.2](#)

Drug Awareness

- 3 Describe why avoiding tobacco is a healthy behavior. [2.1.3](#)

Hygiene

- 4 List ways to prevent germs from spreading. Examples: using soap and warm water when washing hands [2.1.4](#)

Disease Prevention & Health Care

- 5 Investigate how immunizations and regular care from health professionals prevent disease. [2.1.5](#)

Safety

- 6 List ways to prevent common childhood injuries. Examples: following playground safety rules, wearing protective equipment, practicing water safety [2.1.6](#)

Dimensions of Health

- 7 Identify positive examples of mental health. [2.1.7](#)

---

**Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.**

## Analyzing Influences

Family, Peer, & Culture

- 1 Identify ways the school supports personal health practices and behaviors. [2.2.1](#)
  - a Identify how hereditary and environmental factors influence family health. [2.2.1A](#)

Media & Technology

- 2 Discuss how advertisements can influence individuals to purchase certain products. [2.2.2](#)
-

**Students will demonstrate the ability to access valid information, products, and services to enhance health.**

### **Access to Information**

Information, Products, & Services

- 1 Explain the importance of identifying trusted adults and health professionals. [2.3.1](#)
- 2 Identify adults and professionals who help to promote regular physical activity. Examples: PE teacher, coach, doctor, personal health coach [2.3.2](#)

**Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.**

### **Interpersonal Communication**

Social

- 1 Demonstrate techniques of effective listening. Examples: body language, eye contact [2.4.1](#)

Emotions & Feelings

- 2 Explain ways that bullying and excessive teasing can be hurtful. [2.4.2](#)

Conflict Resolution

- 3 Demonstrate how to communicate with others with kindness and respect. [2.4.3](#)

Refusal Skills

- 4 Summarize strategies for reporting harmful acts. Example: reporting to trusted adult [2.4.4](#)
- 5 Demonstrate how to tell a trusted adult if inappropriate touching occurs. [2.4.5](#)

**Students will demonstrate the ability to use decision-making skills to enhance health.**

### **Decision -Making**

Problem Solving

- 1 Differentiate between situations when a health-related decision can be made individually or when assistance is needed. Example: when to tell trusted adults about bullying or other abuse [2.5.1](#)

**Students will demonstrate the ability to use goal-setting skills to enhance health.**

### **Goal -Setting**

Self-Awareness

- 1 Describe various ways to reach a personal health goal. [2.6.1](#)

Problem-Solving

- 2 Identify school and community individuals who can help support personal health goals. [2.6.2](#)

**Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.**

### **Self-Management**

Monitor Progress

- 1 Predict how healthy behaviors can reduce health risks. Example: predicting how a healthy sleep routine promotes academic success [2.7.1](#)

Injury Prevention

- 2 Describe personal behaviors that enhance safety at school, home, and within the community. Examples: staying seated on the bus; surfing the Internet with caution; practicing water safety; learning self-defense skills [2.7.2](#)

---

**Students will demonstrate the ability to advocate for personal, family, and community health.**

### **Advocacy**

Promote Healthy Habits

- 1 Enlist family and community participation in positive health activities. Examples: Relay for Life, Run/Walk for Diabetes [2.8.1](#)