

# Health Literacy: Grades K, 1, 2

Adopted 2010

**Understand and use basic health concepts to enhance personal, family, and community health.**

**Know and use concepts related to health promotion and disease prevention.**

- Identify ways to be healthy.
- Recognize multiple dimensions of wellness.
- Describe how physical, emotional, social, and environmental factors influence personal health.
- Identify ways to prevent illness and injury.
- Know when and how to ask for help with health care.
- Identify the impact of personal health behaviors on the functioning of body systems.
- Recognize that personal health behaviors influence an individual's well being.
- List preventive physical and mental health measures, including proper diet, nutrition, exercise, risk avoidance and stress reduction.

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**Analyze influencing factors on health enhancing behaviors.**

- Identify positive and negative effects of media and technology upon health practices and choices.

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**Understand and use interactive literacy and social skills to enhance personal, family, and community health.**

**Demonstrate social and communication skills to enhance health and increase safety.**

- Demonstrate verbal and nonverbal ways to express wants, needs, and feelings appropriately.
- Choose effective conflict management strategies.
- Show how to ask for help.
- Identify ways to communicate care, consideration, empathy and respect for self and others.

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**Advocate for personal, family and community health.**

- Identify personal health needs.
  - Articulate ways to influence and support others to make positive health choices.
  - Identify ways to improve family and community health.
  - Recognize mean and violent acts and demonstrate appropriate responses.
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**Recognize critical literacy/thinking skills related to personal, family and community wellness.**

**Demonstrate decision making skills.**

- Understand the interrelationships between decisions, choices and consequences.
  - Recognize the effectiveness of health-related decisions.
  - Recognize the need to ask for assistance when making health-related decisions.
  - Identify that health related decisions have an impact on individual, family, community, and environment.
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**Demonstrate goal-setting skills.**

- Set personal goals.
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**Identify influences that affect personal health and the health of others.**

**Analyze the influence of family, peers, health professionals, culture, media, technology, and other health factors.**

- Identify negative and positive health practices.
  - Describe how culture influences personal health choices.
  - Identify trusted adults/professionals who can help.
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**Access valid information, products and services.**

- Selects appropriate products for minor injuries or illnesses.
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**Demonstrate behaviors that foster healthy, active lifestyles for individuals and the benefit of society.**

**Achieve and maintain health enhancing level of physical activity.**

- Practice fitness skills.
  - Practice basic health enhancing physical behaviors.
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**Practice preventive health behaviors.**

- Identify stress and stress relievers.
- Identify risk behaviors and practice healthy choices.
- Identify healthy foods.
- Identify behaviors that contribute to total wellness for individuals, families and communities.