



**HEALTH**  
**SECOND GRADE**  
**17.00300**

## Second Grade Health Education Standards

### 17.00300

*Students in second grade learn about growth and development throughout life as well as about body systems. They learn to compare and contrast healthy and unhealthy practices. Skill building continues as students learn to apply the knowledge of health-risk reduction to the promotion of health. Students access valid information and begin to understand the relationship between personal and community health.*

#### **HE2.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.**

**Description:** Students will acquire basic personal health concepts that help maintain healthy behaviors and prevent disease. Second grade students will identify concepts related to healthy behaviors and disease prevention.

- a. Recognize that there are multiple dimensions of health.
- b. Describe ways to prevent the spread of communicable diseases.

#### **HE2.2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.**

**Description:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. Second grade students will identify and discuss internal and external factors that influence their personal health.

- a. Discuss how the family influences personal health practices and behaviors
- b. Describe how the media can impact health behaviors.

#### **HE2.3: Students will demonstrate the ability to access valid information and products and services to enhance health.**

**Description:** Students will access valid health information and health-promoting products and services. Second grade students will identify trusted adults, health care professionals, and school and community individuals who can help enhance their health.

- a. Identify trusted adults and professionals who can help promote health.
- b. Identify ways to locate school and community health helpers.

#### **HE2.4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.**

**Description:** Students will use effective communication skills to enhance personal, family, and community health. Second grade students will demonstrate the ability to identify verbal and non- verbal communication skills as a way to reduce or avoid conflict.

- a. Demonstrate healthy ways to express needs, wants, and feelings.

- b. Demonstrate listening skills to enhance health.

**HE2.5: Students will demonstrate the ability to use decision-making skills to enhance health.**

**Description:** Students will use decision making skills to identify, apply, and maintain health-enhancing behaviors. Second grade students will utilize their knowledge of health-related situations to describe how they will make a health-enhancing decision.

- a. Describe health-related situation.
- b. Identify health-related situations when assistance is needed.

**HE2.6: Students will demonstrate the ability to use goal-setting skills to enhance health.**

**Description:** Students will use goal-setting skills to identify, apply, and maintain health-enhancing behaviors. Second grade students will implement actions needed to achieve a short-term personal health goal. They will also explain how others can assist them in meeting their health goals.

- a. Implement actions to achieve a short term personal health goal.
- b. Identify individuals who can assist in helping achieve a personal goal.

**HE2.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.**

**Description:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. Second grade students will practice healthy behaviors to prevent injuries, diseases, and disorders.

- a. Demonstrate healthy practices and behaviors to maintain or improve personal health.
- b. Demonstrate behaviors that avoid or reduce health risks.

**HE2.8: Students will demonstrate the ability to advocate for personal, family, and community health.**

**Description:** Students will demonstrate the ability to advocate for personal, family, and community health. Second grade students will demonstrate healthy behaviors to encourage others to practice healthful behaviors.

- a. Make requests to promote health and wellness.
- b. Encourage peers to make positive choices.