
Health Education: Grade 1

The content in the DoDEA health education standards is organized into seven strands. The six standards in the first strand, Health Literacy Skills (HESK), address skills that are for personal, family and community health enhancement. These standards teach essential and transferable skills that foster health efficacy. The skills also are applicable as learning tools for the other six content strands. The standards in the Health Literacy Skills strand are consistent throughout all grade levels and matched at each grade level with content standards in the other strands as important similarities are identified. The standards in the remaining content strands, Personal and Community Health (HE1); Safety and Injury Prevention (HE2); Nutrition and Physical Activity (HE3); Mental Health (HE4); Alcohol, Tobacco, and Other Drugs (HE5); Family Life and Human Sexuality (HE6) progressively change through the grade levels.

Strand:

HESK Health Literacy Skills

Essential Understanding: **1HESK** Demonstrating health literacy skills lead to personal family and community health.

The student will:

Standards:

- 1HESK1:** access valid health information;
- 1HESK2:** practice health-enhancing behavior;
- 1HESK3:** analyze influences on health;
- 1HESK4:** use interpersonal communications skills to enhance health;
- 1HESK5:** use goal setting and decision making skills to enhance health; and
- 1HESK6:** advocate for health.

Strand:

HE1 Personal and Community Health

Essential Understanding: **1HE1** Practicing personal hygiene, health habits, and health promotion leads to lifelong wellness.

The student will:

Standards:

- 1HE1a:** identify the ways to good health, examples are:
 - what you do,
 - what you think,
 - how you feel, and
 - your actions toward others;
- 1HE1b:** describe barriers to prevent disease transmission, examples are:
 - bandage,
 - glove, and
 - skin;
- 1HE1c:** explain roles of familiar health professionals;
- 1HE1d:** explain why good hygiene is important for good health;
- 1HE1e:** explain why sleep and rest are important for good health; and
- 1HE1f:** describe stages of common childhood illnesses, examples are:
 - cold,

- flu, and
- eye infection.

Strand:

HE2 Safety and Injury Prevention

Essential Understanding: **1HE2** Following safe practices prevents injury, sudden illness, child abuse and child neglect.

The student will:

- Standards:
- 1HE2a:** distinguish between safe and unsafe behaviors practiced at home, at school, and in the community, examples are:
 - car,
 - pedestrian,
 - bicycle,
 - playground, and
 - bus.
 - 1HE2b:** list appropriate safe behaviors with others, examples are:
 - being assertive,
 - recognizing personal space;
 - 1HE2c:** explain how to get help in an emergency, examples are:
 - dial and communicate with 911 or counterpart
 - find a trusted adult;
 - 1HE2d:** give examples of good and bad touch; and
 - 1HE2e:** compare responsibilities of several health professionals.

Strand:

HE3 Nutrition and Physical Activity

Essential Understanding: **1HE3** Healthful nutrition and physical activity contribute to growth and energy and prevent chronic diseases.

The student will:

- Standards:
- 1HE3a:** identify food groups that make up a healthful diet;
 - 1HE3b:** share cultures and customs as elements influencing food choices; and
 - 1HE3c:** recognize types of physical activity that help the body.

Strand:

HE4 Mental Health

Essential Understanding: **1HE4** Mental health is essential to general well-being

The student will:

- Standards:
- 1HE4a:** recognize uniqueness and similarities of self and others;

1HE4b: demonstrate appropriate ways to express needs, wants, and feelings;
and

1HE4c: discuss ways emotions are expressed verbally and non-verbally.

Strand:

HE5 Alcohol, Tobacco, and Other Drugs

Essential Understanding: **1HE5** Drug use can be helpful or harmful. Misuse has consequences that may require intervention and treatment.

The student will:

Standards: **1HE5a:** explain the meaning of warning labels and signs on commonly used household products;

1HE5b: define types of drugs,
examples are:

- medicines given by trusted adults,
- legal for all, and
- legal for adults;

1HE5c: explain safe practices to follow if they find something that looks like candy.

Strand:

HE6 Family Life and Human Sexuality

Essential Understanding: **PKHE6** Developmental changes prepare one for adult roles in the family and society.

The student will:

Standards: **1HE6a:** identify what it means to be a responsible family member;

1HE6b: cite the qualities of a healthful friendship; and

1HE6c: describe childhood, adolescence, and adulthood.