
Health Education: Grade 2

In addition to the content standards, Health Education teachers must instill health literacy skills (HESK) into classroom activities. The six HESK have a two-fold benefit. First, they promote personal, family, and community health. Second, they teach essential and transferable skills that include accessing data, analyzing information, setting goals, and communicating ideas.

Strand:

HESK Health Literacy Skills

The student applies health literacy skills in concert with health concepts to enhance personal, family and community health; that is, the student will:

Standards:

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

Strand:

HE1 Personal and Community Health

The student understands the basic concepts of hygiene, health habits, and health promotion; that is, the student will:

Standards:

- HE1a:** explain age-appropriate disease prevention behaviors;
- HE1b:** compare good health choices with poor health choices;
- HE1c:** practice good health habits (e.g., sleep, dental care, hydration, sun exposure, food safety); and
- HE1d:** list signs and symptoms of common childhood illnesses.

Strand:

HE2 Safety and Injury Prevention

The student demonstrates understanding of basic concepts related to safety, injury prevention or sudden illness, and prevention of child abuse and child neglect; that is, the student will:

Standards:

- HE2a:** determine remedies for unsafe situations found in homes, at school, and in the community;
- HE2b:** identify personal responsibility in unsafe situations;
- HE2c:** identify appropriate adults available for help in a variety of situations;
- HE2d:** differentiate between threatening and nonthreatening situations;
- HE2e:** describe the steps for reporting threatening situations (e.g., no, go, tell); and
- HE2f:** describe techniques for controlling bleeding.

Strand:

HE3 Nutrition and Physical Activity

The student understands how healthful nutrition and physical activity contribute to growth and energy and help prevent chronic diseases such as heart disease, cancer, and diabetes; that is, the student will:

Standards:

- HE3a:** describe food choices that provide the body with energy;
- HE3b:** describe the relationship between food intake and good health;
- HE3c:** explain cultural differences and variety as factors influencing food choices;

HE3d: formulate healthful breakfast choices and identify the influences in making these choices; and

HE3e: distinguish between more and less energetic physical activities.

Strand

HE4 Mental Health

The student understands how mental health contributes to general well-being; that is, the student will:

Standards:

HE4a: identify ways to manage the feeling of anger;

HE4b: identify healthful ways to manage needs, wants, and emotions; and

HE4c: identify ways to develop and maintain healthful friendships.

Strand

HE5 Alcohol, Tobacco, and Other Drugs

The student understands licit and illicit drugs and how to prevent abuse and access intervention and treatment resources; that is, the student will:

Standards:

HE5a: explain why children should not take any drug without adult supervision;

HE5b: identify types of non-drug remedies (e.g., extra rest, water, massage, cold or warm compresses); and

HE5c: recognize that drugs can be used in ways that are helpful or harmful.

Strand

HE6 Family Life and Human Sexuality

The student understands the developmental changes that occur as he or she grows and matures through childhood to young adulthood and how these changes prepare one for adult roles in the family and society; that is, the student will:

Standards:

HE6a: describe families and responsibilities within family units;

HE6b: examine the role of the family as a basic unit in society;

HE6c: describe ways in which friends support each other for healthful living; and

HE6d: describe the cycle of growth and development in humans from infancy to older adult.