

Health Education: Grade 2

Health Literacy Skills

- Accesses valid health information
- Practices health-enhancing behaviors
- Analyzes influences on health
- Uses interpersonal communications skills to enhance health
- Uses goal-setting and decision-making skills to enhance health
- Advocates for health

Personal and Community Health

- Compares good health choices with poor health choices
- Explains why good health practices are important

Safety and Injury Prevention

- Describes the steps for reporting threatening situations
- Describes techniques for controlling bleeding

Nutrition and Physical Activity

- Describes food choices that provide the body with energy
- Describes how to keep foods safe from harmful germs
- Distinguishes between more and less energetic physical activities

Mental Health

- Identifies ways to manage the feeling of anger
- Identifies ways to develop and maintain healthful friendships

Alcohol, Tobacco, and Other Drugs

- Identifies types of nondrug remedies
- Recognizes that drugs can be used in ways that are helpful and harmful

Family Life and Human Sexuality

- Describes families and responsibilities within family units
- Describes how humans grow and change from infancy to older adults.