

Health Education Grade 2

The following health education standards are incorporated into each of the instructional units where appropriate:

- Accessing Information
- Self Management
- Analyzing Influences
- Interpersonal Communication
- Decision Making
- Goal Setting
- Advocacy.

UNIT I: Mental Health

Goal. The student will demonstrate the ability to develop knowledge, skills, and attitudes that can lead to an understanding of self and one's relationship with others.

Objectives- The student will be able to:

- a. Define the term "emotions" and identify words that express a variety of emotions.
- b. Name and practice two cooperation skills: sharing and taking turns.
- c. Utilize strategies for nonviolent conflict resolution.
- d. Describe effective anger management strategies.
- e. Identify choices available in making a decision.
- f. Identify qualities valued in friendship.

UNIT II: Safety, First Aid and Injury Prevention

Goal. The student will demonstrate the ability to develop knowledge, skills, and attitudes that promote safe living for self and others in the home, school, and community.

Objectives- The student will be able to:

- a. Identify first aid steps used in the treatment of minor injuries.
- b. Practice responding appropriately to emergency situations.
- c. Identify ways to stay safe outdoors.
- d. Identify items that may cause an allergic reaction.
- e. Define the terms "stranger" and "acquaintance" and give examples of each.
- f. Identify ways to stay safe around strangers and acquaintances.
- g. Differentiate between good and bad secrets.
- h. Identify adults who can help in an abusive situation.

UNIT III: Tobacco, Alcohol and Other Drugs

Goal. The student will demonstrate the ability to develop knowledge, skills, and attitudes that promote awareness of tobacco, alcohol, and other drugs.

Objectives- The student will be able to:

- a. Recognize that drugs are substances that affect the way the mind and body work.
- b. Identify safe ways of taking prescription and over-the-counter medicines.
- c. Identify foods and drinks that contain caffeine and recognize their effects on the body.
- d. List products that contain tobacco.
- e. Identify the effects of tobacco use, exposure, and nonuse on the body.
- f. Identify and practice resistance skills for unsafe medicine or drug use.

UNIT IV: Disease Prevention and Control

Goal. The student will demonstrate an understanding of health promotion and disease prevention concepts to establish a foundation for leading a healthy, productive life.

Objectives- The student will demonstrate the ability to:

- a. Define *disease* and classify examples as communicable or noncommunicable.
- b. Show care, consideration, and respect to those who are affected with diseases.
- c. Identify the consequences of healthy personal hygiene habits.
- d. Recognize the importance of healthy dental hygiene habits.
- e. Identify and practice healthy dental hygiene habits.
- f. Explain how to improve or maintain personal health.
- g. Identify health issues created by pollution.

NOTE: HIV and AIDS are NOT to be addressed at this grade level.

UNIT V: Nutrition and Fitness

Goal. The student will demonstrate the ability to use decision-making strategies in the application of responsible nutritional behaviors.

Objectives- The student will be able to:

- a. Utilize MyPyramid as a tool to plan a daily balanced diet.
- b. Demonstrate a single serving from each food group.
- c. Identify factors that may affect food choices
- d. Explain the relationship between fitness and a healthy lifestyle.
- e. Identify various physical activities in which students can participate that promote a healthy body.