

Health Education Standards at a Glance: 2020

Grade	Standard	PGS Summary	Grade Level Expectations	Skills *
PK				
	2. Physical and Personal Wellness	Healthy Eating	1. Distinguish between healthy and unhealthy foods.	DM
			2. Develop self-management skills and personal hygiene skills to promote healthy habit.	SM
	3. Social Emotional Wellness	Social Emotional Wellness	1. Children develop healthy relationships and interactions with adults and peers.	IC
			2. Children develop self-concept and self-efficacy skills.	SM
			3. Children develop self-regulation skills.	SM
			4. Children develop a healthy range of emotional expressions and learn positive alternatives to aggressive or isolating behaviors.	IC
4. Prevention and Risk Management	Injury Prevention	1. Identify ways to be safe while at play.	SM	
	Violence Prevention	2. Identify the importance of respecting the personal space and boundaries of self and others.	SM	
K				
	Physical and Personal Wellness	Healthy Eating	1. Identify the major food groups and the benefits of eating a variety of foods.	DM
		Health Promotion	2. Explain how personal hygiene and cleanliness affect wellness.	SM
	Social Emotional Wellness	Social Emotional Wellness	1. Recognize the relationship between emotions and actions.	IC, SM
			2. Demonstrate how to effectively communicate and cooperate with others.	IC
	Prevention and Risk Management	Violence Prevention	1. Explain the importance of respecting the personal space and boundaries of self and others.	AI, IC
		Injury Prevention	2. Explain safe behavior as a pedestrian and with motor vehicles.	SM
			3. Demonstrate effective communication skills in unsafe situations.	IC, SM, AI
Grade 1				
	Physical and Personal Wellness	Healthy Eating	1. Identify a variety of foods from the different food groups that are vital to promote good health.	DM
		Disease Prevention	2. Demonstrate health-enhancing behaviors to prevent injury or illness.	SM
	Social Emotional Wellness	Social Emotional Wellness	1. Demonstrate how to express emotions in healthy ways.	IC
			2. Identify parents, guardians, and other trusted adults as resources for information about health.	AI, IC, AV
	Prevention and Risk Management	Violence Prevention	1. Explain why bullying is harmful and how to respond appropriately.	SM, IC
		Injury Prevention	2. Demonstrate strategies to avoid hazards in the home and community.	IC, AV
Grade 2				
	Physical and Personal Wellness	Healthy Eating	1. Identify eating and drinking behaviors that contribute to maintaining good health.	IC, SM
		Disease Prevention	2. Recognize basic childhood chronic diseases.	AI
		Social Emotional Wellness	1. Utilize knowledge and skills to develop a positive self-concept.	IC, AV

	Social Emotional Wellness		2. Utilize knowledge and skills to develop an awareness of others and maintain healthy relationships.	IC, SM, DM
	Prevention and Risk Management	Drug Prevention	1. Identify the dangers of using tobacco and marijuana products and exposure to secondhand smoke.	IC, SM
		Violence Prevention	2. Identify safe and proper use of household products.	AI
			3. Demonstrate how to respond appropriately to various types of bullying.	IC, AV
		Injury Prevention	4. Demonstrate interpersonal communication skills to prevent injury or to ask for help in an emergency or unsafe situation.	IC, SM, DM
Grade 3				
	Physical and Personal Wellness	Healthy Eating	1. Demonstrate the ability to make and communicate appropriate food choices.	IC, INF
	Social Emotional Wellness	Social Emotional Wellness	1. Utilize knowledge and skills to treat self and others with care and respect.	SM
			2. Demonstrate interpersonal communication skills to support positive interactions with families, peers, and others.	IC
	Prevention and Risk Management	Drug Prevention	1. Examine the dangers of using tobacco and marijuana products and exposure to secondhand smoke.	DM, IC
		Violence Prevention	2. Describe pro-social behaviors and skills that enhance healthy interactions with others.	GS, SM
		Injury Prevention	3. Identify ways to prevent injuries at home, in school, and in the community.	SM
Grade 4				
	Physical and Personal Wellness	Healthy Eating	1. Demonstrate the ability to set a goal in order to enhance personal nutrition.	GS
			2. Describe the connection between food intake and physical health.	SM
		Health Promotion	3. Explain how the dimensions of wellness are interrelated and impact personal health.	SM
	Social Emotional Wellness	Social Emotional Wellness	1. Identify positive behaviors that support healthy relationships.	INF
			2. Comprehend concepts related to stress and stress management.	SM
	Prevention and Risk Management	Drug Prevention	1. Identify positive and negative uses for medicines.	AI, SM
			2. Demonstrate the ability to use interpersonal communication skills to refuse or avoid using drugs (marijuana, illegal drugs, prescription drugs, alcohol, and tobacco).	IC, INF
		Violence Prevention	3. Demonstrate skills necessary to prevent a conflict from escalating to violence.	IC
Grade 5				
	Physical and Personal Wellness	Healthy Eating	1. Demonstrate the ability to make good decisions about healthy eating behaviors.	AI, DM, AV
		Healthy Sexuality	2. Explain the structure, function and major parts of the human reproductive system.	AI
			3. Describe the physical, social, and emotional changes that occur at puberty.	INF, AI
		Health Promotion	4. Demonstrate interpersonal communication skills needed to discuss personal health problems to establish and maintain personal health and wellness.	AI, IC

			5. Comprehend concepts and identify strategies to prevent the transmission of disease.	AI, SM
	Social Emotional Wellness	Social Emotional Wellness	1. Analyze internal and external factors that influence mental and emotional health.	AI
	Prevention and Risk Management	Drug Prevention	1. Demonstrate the ability to make good decisions about drug use marijuana, illegal drugs, prescription drugs, alcohol, and tobacco.	AI, DM
		Violence Prevention	2. Demonstrate pro-social behaviors that reduce the likelihood of physical fighting, violence, and bullying.	IC, INF, SM
		Injury Prevention	3. Demonstrate basic first aid and safety procedures.	SM, DM
Grade 6				
	Physical and Personal Wellness	Healthy Eating	1. Evaluate the validity and reliability of information, products, and services to enhance healthy eating behaviors.	AI
		Healthy Sexuality	2. Identify valid and reliable resources regarding qualities of healthy family and peer relationships.	AI
			3. Comprehend the relationship between feelings and actions during adolescence.	SM, IC
		Health Promotion	4. Analyze how positive health behaviors can benefit people throughout their lifespan.	SM, DM
	Social Emotional Wellness	Social Emotional Wellness	1. Understand how to be mentally and emotionally healthy.	IC, SM
			2. Apply effective verbal and nonverbal communication skills to enhance health.	AV, IC
	Prevention and Risk Management	Drug Prevention	1. Analyze the factors that influence a person's decision to use or not use marijuana, illegal drugs, prescription drugs, alcohol, and tobacco.	INF
			2. Demonstrate the ability to refuse marijuana, illegal drugs, abuse of prescription drugs, alcohol, and tobacco.	IC, SM
		Violence Prevention	3. Demonstrate ways to advocate for a positive, respectful school and community environment that supports pro-social behavior.	SM, AV
		Injury Prevention	4. Demonstrate ways to promote safety, and prevent unintentional injuries.	AV
Grade 7				
	Physical and Personal Wellness	Healthy Eating	1. Analyze factors that influence healthy eating behaviors.	INF, DM
		Healthy Sexuality	2. Compare and contrast healthy and unhealthy family and peer relationships.	INF, IC, SM
			3. Analyze the internal and external factors that influence sexual decision-making and activity.	INF
			4. Define sexually transmitted diseases (STDs), including human immunodeficiency virus (HIV) and acquired immune deficiency syndrome (AIDS).	AI
	Social Emotional Wellness	Social Emotional Wellness	1. Demonstrate effective communication skills to express thoughts and feelings. appropriately	IC, AV, SM
			2. Develop healthy self-management skills to prevent and manage stress.	DM, SM
		Drug Prevention	1. Analyze the consequences of using marijuana, illegal drugs, prescription drugs, alcohol, and tobacco.	DM, SM, AI

	Prevention and Risk Management	Violence Prevention	2. Demonstrate self-management skills to reduce physical and emotional violence and actively participate in violence prevention.	SM, AV	
		Injury Prevention	3. Demonstrate safety procedures for a variety of situations.	INF, AV	
Grade 8					
	Physical and Personal Wellness	Healthy Eating	1. Demonstrate the ability to make healthy food choices in a variety of settings.	INF, DM	
		Healthy Sexuality	2. Describe the physical, emotional, mental, and social benefits of sexual abstinence, and develop strategies to resist pressures to become sexually active.	DM, IC	
			3. Analyze how certain behaviors place one at greater risk for HIV/AIDS, sexually transmitted diseases (STDs), and unintended pregnancy.	SM	
			4. Describe the signs and symptoms of HIV/AIDS and other sexually transmitted diseases (STDs).	AI	
			5. Promote and enhance health through disease prevention.	SM	
	Social Emotional Wellness	Social Emotional Wellness	1. Access valid and reliable school and community resources to help with mental and emotional health concerns.	AI	
			2. Analyze internal and external factors that influence mental and emotional health.	INF	
	Prevention and Risk Management	Drug Prevention	1. Analyze influences that impact individuals' use or non use of marijuana, illegal drugs, prescription drugs, alcohol, and tobacco.	INF	
			2. Access valid sources of information about use of marijuana, illegal drugs, prescription drugs, alcohol, and tobacco.	AI	
			3. Demonstrate decision-making skills to be drug free (marijuana, illegal drugs, abuse of prescription drugs, alcohol, and tobacco).	DM	
		Violence Prevention	4. Analyze the factors that influence violent and nonviolent behavior.	INF	
			5. Demonstrate ways to advocate for a positive, respectful school and community environment that supports pro-social behavior.	AV	
	HS				
		Physical and Personal Wellness	Healthy Eating	1. Synthesize the impact of healthy and unhealthy diets on daily living.	AI, INF, DM
				2. Analyze how family, peers, media, culture, and technology influence healthy eating choices.	INF
3. Demonstrate ways to take personal responsibility for healthy eating.				SM, GS	
Healthy Sexuality			4. Use a decision-making process to make healthy decisions about relationships and sexual health.	DM, INF	
			5. Support others in making positive and healthful choices about sexual activity.	AV	
Disease Prevention			6. Develop and maintain ongoing evaluation of factors that impact health, and modify lifestyle accordingly.	IC, INF	
Social Emotional Wellness		Social Emotional Wellness	1. Analyze the interrelationship of physical, mental, emotional, and social health.	INF, SM	
			2. Set goals, and monitor progress on attaining goals for future success.	GS	

			3. Advocate to improve or maintain positive mental, emotional well-being for self and others.	AV
Prevention and Risk Management	Drug Prevention		1. Analyze the impact of individuals' use or non use of marijuana, illegal drugs, prescription drugs, alcohol, and tobacco	INF, DM
			2. Analyze the factors that influence a person's decision to use or not to use marijuana, illegal drugs, prescription drugs, alcohol, and tobacco.	INF
			3. Develop interpersonal communication skills to refuse or avoid marijuana, illegal drugs, abuse of prescription drugs, alcohol, and tobacco.	IC
			4. Develop self-management skills to improving health by staying drug free (marijuana, illegal drugs, abuse of prescription drugs, alcohol, and tobacco).	SM
			5. Analyze the underlying causes of self-harming behavior and harming others, and identify strategies involved in seeking help.	INF
	Violence Prevention		6. Analyze the factors that influence community and societal beliefs that underlie violence, and describe relationships, attitudes, behavior, and vulnerability to violence.	INF
			7. Identify the emotional and physical consequences of violence, and find strategies to deal with, prevent, and report them.	INF
			8. Access valid information and resources that provide information about sexual assault and violence.	AI
			9. Demonstrate verbal and nonverbal communication skills and strategies to prevent violence.	IC
	Injury Prevention		10. Advocate for changes in the home, school, or community that would increase safety.	AV, SM, DM

Health Skills *

INF = Analyzing Influences	GS = Goal Setting
AI = Accessing information	SM = Self-Management
DM = Decision Making	AV = Advocacy
IC = Interpersonal Communication	