

# STANDARDS FOR HEALTH AND WELLNESS: GRADE 2

## CATALINA FOOTHILLS SCHOOL DISTRICT

### **Standard 1: Essential Health Concepts**

**Students will comprehend concepts related to health promotion and disease prevention to enhance health.**

HW.2.1.1 Explain ways to stay healthy and safe (for example: exercise/physical activity, limiting screen time, healthy eating and drinking [MyPlate, portion sizes]; staying hydrated; eating a nutritious breakfast every day; managing and expressing emotions appropriately; saying “no” to alcohol, tobacco, and drugs; required: sun safety (see SUNWISE Sun Safety material).

HW.2.1.2 Describe ways to prevent communicable diseases (for example: immunizations, health care check-ups, medicines, using bandages, hand washing, safe food handling, using/throwing away tissues, sneezing, coughing/covering mouth, avoiding contact with other people’s blood, recognizing signs of common illnesses/health problems: colds, flu, head lice).

HW.2.1.3 Describe ways to prevent common injuries and health problems (for example: identify safety hazards at home and in school, follow playground rules, use crosswalks, stay with a buddy, never drink an unknown substance; basic first aid procedures).

### **Standard 2: Analyzing Influences**

**Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.**

HW.2.2.1 Describe how family influences personal health practices and behaviors (for example: how a family member teaches a child about health habits: family meal patterns such as, what you eat, where you eat, time you eat); physical activities that family members do together or individually, how to properly use safety belts).

HW.2.2.2 Describe how media can influence health behaviors (required: personal TV watching habits; slogans, rhymes, jingles in commercials; how nutrition-related messages can influence food choices, exercise, and activities).

### **Standard 3: Accessing Valid Information and Services**

**Demonstrate the ability to access valid information and products or services to enhance health.**

HW.2.3.1 Describe ways to locate school and community health helpers (required: when and how to use 911 for emergencies; for example: school nurse, teachers, principal, clergy, doctors, dentist, counselor). [Connect to Standard 4]

#### **Standard 4: Interpersonal Communication**

**Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.**

HW.2.4.1 Demonstrate active listening skills (for example: not interrupting, paying attention, not talking to others, explaining how to be kind) to enhance health. [Connect to ELA: Listening and Speaking standards]

HW.2.4.2 Demonstrate ways to respond when in an unwanted, threatening, or dangerous situation (for example: different ways to respond if someone is knocking on the door when home alone or a parent is asleep, yelling loud enough to be heard, being persistent, walking away, how to ask an adult for help; required: bullying, modeling refusal skills with a stranger, fire safety, safe and unsafe touches). [Connect to Developmental Guidance]

#### **Standard 5: Decision Making**

**Demonstrate the ability to use decision-making skills to enhance health.**

HW.2.5.1 Describe circumstances that help or hinder healthy decision-making (for example: peers and media influence, poverty, family lifestyle).

#### **Standard 6: Goal Setting**

**Demonstrate the ability to use goal-setting skills to enhance health.**

HW.2.6.1 Identify a short-term personal health goal and take action toward achieving the goal (for example: setting times to brush teeth, eating healthy snacks, getting nine hours of sleep, playing outdoors every day, increasing fitness activities). [Connect to Physical Education]

#### **Standard 7: Practicing Health-Enhancing Behaviors**

**Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.**

HW.2.7.1 Demonstrate behaviors that avoid or reduce health risks in a variety of settings (for example: proper hand washing to reduce germs, bullying, sunscreen, coping with stress and emotions). [Connect to Standard1]

#### **Standard 8: Health Promotion**

**Demonstrate the ability to advocate for personal, family, and community health.**

HW.2.8. Encourage family and peers to make positive health choices (for example: going grocery shopping with parents, talking about health information that was learned at school, playing with friends at the park, encouraging friends to play sports, drinking plenty of water, wearing hats in the sun, wearing seatbelts).