

Grade 1

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

- 1 Explain the harmful effects of medicines when used incorrectly. 1.1.1
- 2 Describe the types of foods and beverages that should be limited. 1.1.2
- 3 Describe body signals that tell a person when they are hungry and when they are full. 1.1.3
- 4 Identify appropriate ways to express and deal with feelings. 1.1.4
- 5 Describe the difference between bullying and teasing and why it is harmful. 1.1.5
- 6 List ways to prevent harmful effects of the sun. 1.1.6
- 7 Identify ways to prevent the spread of disease-causing germs. 1.1.7
- 8 Identify people who can help when someone is injured or suddenly ill. 1.1.8
- 9 Describe the dangers of experimenting with tobacco. 1.1.9
- 10 Explain what to do if someone is being bullied. 1.1.10
- 11 Explain why everyone has the right to tell others not to touch his or her body. 1.1.11

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

- 1 Explain how family influences personal health decisions and behaviors. 1.2.1

Access valid information, products and services to enhance health.

- 1 Identify roles and responsibilities of school and community health care helpers. 1.3.1
- 2 Identify trusted adults within your family and the school responsible for keeping you healthy. 1.3.2

Use interpersonal communication skills to enhance health and avoid or reduce health risks.

- 1 Demonstrate effective active listening skills. 1.4.1
- 2 Explain how to effectively communicate needs, wants and feelings in healthy ways. 1.4.2

3 Describe appropriate ways to respond to an unwanted, threatening or dangerous situations. 1.4.3

4 Identify a trusted adult with whom to share needs, wants and feelings. 1.4.4

5 Identify positive behaviors to show concern for others. 1.4.5

Use decision-making skills to enhance healthy behaviors.

1 Identify a health-related situation that requires decision-making skills. 1.5.1

2 Differentiate between situations when a health-related decision can be made individually or when assistance is needed. 1.5.2

3 Identify types of situations when health-related decisions must be made. 1.5.3

Use goal-setting skills to enhance healthy behaviors.

1 Identify goals for positive physical, mental and emotional health. 1.6.1

2 Identify steps needed to reach a goal. 1.6.2

3 Describe how others can help achieve goals. 1.6.3

Practice health-enhancing behaviors and avoid or reduce health risks.

1 Describe personal health habits that promote healthy living. 1.7.1

2 Identify and demonstrate ways to prevent the spreading of disease and other health risks. 1.7.2

3 Identify positive health behaviors regarding personal wellness, physical activity and safety. 1.7.3

Advocate for personal, family and community health.

1 Identify healthy behavior choices for self, family and friends. 1.8.1