

# Grade 2

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

## **Personal, Community, and Environmental Health Strand**

- 1 Explain a variety of healthy practices and behaviors to maintain or improve personal, community, and environmental health. [1.PCE.2.1](#)
  - 2 Define communicable and noncommunicable diseases. [1.PCE.2.2](#)
  - 3 Recognize similarities and differences between individuals and communities. [1.PCE.2.3](#)
  - 4 Identify different kinds of family structures. [1.PCE.2.4](#)
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## **Mental and Emotional Health Strand**

- 1 Describe how the body responds to emotions physically and behaviorally. [1.ME.2.1](#)
  - 2 Describe how the expression of emotions can influence actions. [1.ME.2.2](#)
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## **Nutrition and Physical Activity Strand**

- 1 Describe how each food group contributes to a healthy body. [1.NP.2.1](#)
  - 2 Identify types of physical activity and their health benefits. [1.NP.2.2](#)
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## **Substance Use and Abuse Strand**

- 1 Explain the differences between over-the-counter and prescription medications. [1.SUA.2.1](#)
  - 2 Describe the effects of alcohol, tobacco, marijuana, and other drugs have on the body. [1.SUA.2.2](#)
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## **Safety Practices, Injury Prevention, and CPR/AED Strand**

- 1 Recognize the importance of knowing your emergency contacts and when it is appropriate to use them in order to prevent injury. [1.SIC.2.1](#)
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## **Personal Safety Strand**

- 1 Describe safe personal space of self and others. [1.PS.2.1](#)
  - 2 Recognize abusive behaviors and actions including various hazards and dangers particular to children and ways to get help. [1.PS.2.2](#)
  - 3 Recognize when to report an unsafe situation to a safe/trusted adult. [1.PS.2.3](#)
  - 4 Identify various steps to take if separated or lost from a parent, guardian, or caregiver. [1.PS.2.4](#)
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**Analyze Influences:**  
Students will analyze the influences of family, peers, culture, media, technology, and other factors have on health behaviors.

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**Strand**

- 1 Discuss sources of family, peers, culture, media technology and other factors that influence health behaviors. [2.AF.2.1](#)

**Access Information:**  
Students will demonstrate the ability to access reliable health information, products, and services to enhance health.

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**Strand**

- 1 Identify safe/trusted adults in the school and community who can assist with accessing reliable health information, products, and services. [3.AI.2.1](#)

**Interpersonal Communication:**  
Students will demonstrate the ability to use interpersonal communication skills to enhance health and to avoid or reduce health risks.

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**Strand**

- 1 Demonstrate healthy ways to express needs, wants and feelings to enhance health and to avoid or reduce health risks. [4.IC.2.1](#)
- 2 Identify different types of refusal skills to enhance health. [4.IC.2.2](#)

**Decision Making:**  
Students will demonstrate the ability to use decision-making skills to enhance health.

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**Strand**

- 1 Describe decisions regarding healthy and unhealthy situations. [5.DM.2.1](#)
- 2 Differentiate between situations when a health-related decision can be made individually or when assistance is needed. [5.DM.2.2](#)

**Goal Setting:** Students will demonstrate the ability to use goal-setting skills to enhance health.

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**Strand**

- 1 Identify a shortterm health goal and take action toward achieving the goal. [6.GS.2.1](#)
- 2 Identify who can help when assistance is needed to achieve a health goal. [6.GS.2.2](#)

**Self-Management:**  
Students will demonstrate the ability to practice health-enhancing behaviors and to avoid or reduce health risks.

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**Strand**

- 1 Describe a variety of healthy practices and behaviors to maintain or improve personal health. [7.SM.2.1](#)
- 2 Demonstrate behaviors that avoid or reduce health risks. [7.SM.2.2](#)

**Advocacy Students:** will demonstrate the ability

**Strand**

- 1 Encourage peers to make positive health choices. [8.AV.2.1](#)

**to support/promote  
personal, family, and  
community health.**