

# Grade 1

## Wellness Promotion and Disease Prevention

- 1 Identify ways germs enter the body and how to prevent the spread of illnesses. [WE.1.1](#)
- 2 Describe the effects of healthy and less healthy foods on the body. [WE.1.2](#)
- 3 Explain the need for medical checkups and other health-care procedures (e.g., eye, dental exams). [WE.1.3](#)

## Wellness Information and Services

- 4 Identify which “safety” helpers (e.g., police and teachers) to contact for different problems. [WE.1.4](#)
- 5 Demonstrate when and how to use 9-1-1 emergency services. [WE.1.5](#)
- 6 Classify household products (e.g., harmful, safe). [WE.1.6](#)

## Wellness Behaviors

- 7 Identify the proper safety equipment for different activities (e.g., rollerblading, bicycling, skateboarding, seatbelts and positioning when riding in a car). [WE.1.7](#)
- 8 Discuss and follow safety rules (e.g., sharp objects, bodily fluids, playground, water, electrical). [WE.1.8](#)
- 9 Identify escape routes at home and school. [WE.1.9](#)
- 10 Explain why medication should be avoided without adult supervision. [WE.1.10](#)
- 11 Recognize tobacco, alcohol, and other drugs as harmful substances. [WE.1.11](#)
- 12 Discuss how using televisions, computers, video games and other technology can affect personal health. [WE.1.12](#)
- 13 Identify a variety of feelings and demonstrate healthy ways to act on feelings and stressful situations (e.g., coping skills). [WE.1.13](#)
- 14 Discuss appropriate refusal skills in potentially harmful or dangerous situations (e.g., meeting strangers, using harmful substances). [WE.1.14](#)
- 15 Understand it is acceptable to tell parents and/or other trusted adults when feeling uncomfortable about being touched. [WE.1.15](#)