Grade 2 Health Standards & Benchmarks

Standard 1
Students will comprehend concepts related to health promotion and disease prevention to enhance health.

By the end of Grade 2
1. Identify that healthy behaviors impact well-being
2. Recognize that there are multiple dimensions of health/well-being
3. Recognize elements of ‘disease’
4. Describe ways to prevent communicable diseases
5. Identify ways to prevent common childhood injuries
6. Describe why it is important to seek health care

Standard 2
Students will demonstrate the ability to access valid information and products and services to enhance health.

By the end of Grade 2
1. Identify trusted adults and professionals who can help promote health
2. Identify ways to locate school and community health helpers

Standard 3
Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

By the end of Grade 2
1. Demonstrate healthy practices and behaviors to maintain or improve personal health
2. Demonstrate behaviors that avoid or reduce health risks
3. Discuss injury prevention and management

Standard 4
Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

By the end of Grade 2
1. Identify how the family influences personal health practices and behaviors
2. Describe how the media can influence health behaviors
3. Identify what the school can do to support personal health practices and behaviors

Standard 5
Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

By the end of Grade 2
1. Demonstrate healthy ways to express needs, wants and feelings
2. Demonstrate listening skills to enhance health
3. Demonstrate ways to respond when in an unwanted, threatening or dangerous situation
4. Demonstrate ways to tell a trusted adult if threatened or harmed
5. Demonstrate healthy ways to express needs, wants & feelings
6. Demonstrate ways to communicate care, consideration and respect of self and others

Standard 6
Students will demonstrate the ability to use goal setting and decision-making skills to enhance health.
By the end of Grade 2
1. Identify situations when a health-related decision is needed
2. Differentiate between situations when a health-related decision can be made individually or when assistance is needed
3. Apply a decision making process to a health related issue in groups.
4. Identify a short term personal health goal and take action toward achieving the goal
5. Identify who can help when assistance is needed to achieve a personal health goal

Standard 7
Students will demonstrate the ability to advocate for personal, family and community health.

By the end of Grade 2
1. Make requests to promote personal health
2. Encourage peers to make positive health choices