PreK Health Standards and Benchmarks

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

By the end of PreK
1. Discuss and practice healthy behaviors
2. Discuss well-being (4 dimensions)
3. Discuss physical health
4. Discuss how it feels to be unwell

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

By the end of PreK
1. Identify trusted adults in the home and community
2. Identify healthcare workers and safety workers as community helpers

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

By the end of PreK
1. Discuss healthy practices and behaviors to maintain or improve personal health
2. Discuss behaviors that avoid or reduce health risks

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

By the end of PreK
1. Identify family health behaviors
2. Identify healthy behavior guidelines related to school

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 PreK
1. Demonstrate ways of communicating
2. Discuss the intent of non-verbal communications
3. Discuss refusal skills
4. Discuss 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 PreK
1. Discuss making decisions to enhance well-being
2. Discuss goals and goal setting
Standard 7
Students will demonstrate the ability to advocate for personal, family and community health.

By the end of PreK
1. Participate in school efforts to promote health and safety