

# Grades 1, 2, 3, 4

Adopted 2013

## Core Concepts: Physical, Mental, Emotional and Social Growth and Development

- 1. Describe and demonstrate appropriate ways to express affection with different people in various situations. E.1.1**

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- a. Identify characteristics of positive self-esteem and self-respect. E.1.2.A**

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- b. Explain the likely impact of good health habits on self-esteem and how a person feels about his/her body. E.1.2.B**

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- c. Use proper names for body parts including gender specific anatomy. E.1.2.C**

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- d. Explain that puberty, human growth and development can vary considerably. E.1.2.D**

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- e. Describe the physical and emotional changes that occur during puberty. E.1.2.E**

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- a. Describe healthy families and a healthy family environment. E.1.3.A**

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- b. Describe how families may change over time and the impact those changes may have. E.1.3.B**

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- 4. Discuss qualities of a healthy relationship. E.1.4**

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- 5. Examine how physical, social, cultural and emotional environments influence personal health. E.1.5**

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- 6. Explain the importance of setting and respecting personal boundaries. E.1.6**

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- c. Explain that everyone, including children, have a right to tell others not to touch their body when they do not want to be touched. E.1.6.C**

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- f. Describe different ways in which people express their gender (e.g., dress, play, choice of jobs). E.1.6.F**

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- 7. Identify and discuss personal behaviors that protect from disease. E.1.7**

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- 10. Define the terms communicable (infectious) and non-communicable (non-infectious) diseases and identify ways to help prevent disease (e.g. HIV/AIDS). E.1.10**

## Accessing Health Information and Resources

1. Identify a trusted adult who can provide accurate information about puberty and personal hygiene. [E.2.1](#)
2. Demonstrate the ability to locate resources at home, school and in the community that provide valid health information. [E.2.2](#)
3. Discuss existing laws that are intended to protect young people from being exploited, harassed or bullied. [E.2.3](#)

## Self-Management of Healthy Behaviors

1. Discuss strategies for expressing feelings appropriately. [E.3.1](#)
2. Discuss personal behaviors that are health-enhancing. [E.3.2](#)
7. Identify ways in which an individual could respond in a situation when they or someone else is being bullied or harassed. [E.3.7](#)

## Analyzing Internal and External Influences

1. Describe what influences behaviors, attitudes and decisions. [E.4.1](#)
  - a. Describe how culture, media, technology and people may influence the attitudes, behaviors and decisions of young people (e.g. attractiveness, body image, relationships, self-esteem). [E.4.2.A](#)
  - b. Compare positive and negative ways peers influence behaviors. [E.4.2.B](#)
4. Identify the ways in which technology can impact physical and emotional safety (e.g. internet, texting). [E.4.4](#)

## Communication Skills

1. Identify various communication styles and the appropriate use of each (e.g. passive, assertive, aggressive, other). [E.5.1](#)
2. Demonstrate healthy ways to express emotions and feelings (e.g. affection, love, friendship, concern, empathy). [E.5.2](#)
3. Describe and demonstrate effective negotiation and refusal skills. [E.5.3](#)
  - a. Demonstrate healthy ways to express needs, wants and feelings. [E.5.4.A](#)
  - b. Demonstrate ways to take action if someone is talking to you or touching you in a way that makes you feel uncomfortable. [E.5.4.B](#)
  - c. Demonstrate healthy ways to express empathy for others. [E.5.4.C](#)
  - d. Demonstrate ways to show respect for different types of families. [E.5.4.D](#)
5. Identify various forms of communication that constitutes sexual harassment; discuss existing laws that are intended to protect young people from being exploited; and identify a trusted adult with whom you can confide. [E.5.5](#)

## Decision-Making Skills

- 1. Demonstrate the ability to apply a decision-making process to enhance health.** E.6.1

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- 2. Explain how personal decisions have an impact on self and others.** E.6.2

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- 3. Identify factors that would influence one's ability to make responsible healthy decisions (e.g. peer pressure, substance abuse).** E.6.3

## Goal-Setting Skills

- 1. Identify personal goals and demonstrate the ability to apply a goal setting process to enhance health.** E.7.1

## Advocacy

- 1. Demonstrate positive ways to show care, consideration and concern for others.** E.8.1

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- 2. Define the impact stereotypes may have on people and how one might counter a stereotype.** E.8.2

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- 3. Describe ways to promote positive, healthy interpersonal relationships with respect and appreciation for each other.** E.8.3

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- 4. Persuade others to take action when someone else is being bullied or harassed.** E.8.4