

# Grade 1

## Resiliency HE.1.R

### Standard 1 Character HE.1.R.1

- 1 Discuss ways to respect personal property and personal space of others. HE.1.R.1.1
  - 2 Describe the traits of a good friend. HE.1.R.1.2
  - 3 Identify the benefits of sharing and cooperation. HE.1.R.1.3
  - 4 Define and give examples of honesty. HE.1.R.1.4
  - 5 Identify strategies to overcome a challenge. HE.1.R.1.5
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### Standard 2 Personal Responsibility HE.1.R.2

- 1 Identify my role and responsibilities in the school, community, and family. HE.1.R.2.1
  - 2 Establish a short-term goal as a class and take action toward achieving the goal. HE.1.R.2.2
  - 3 Identify the characteristics of a responsible decision maker. HE.1.R.2.3
  - 4 Describe how individual actions can affect others. HE.1.R.2.4
  - 5 Identify strategies to discover and demonstrate personal strengths. HE.1.R.2.5
  - 6 Identify healthy ways to express needs and wants. HE.1.R.2.6
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### Standard 3 Mentorship and Citizenship HE.1.R.3

- 1 Identify characteristics of a leader in the school community. HE.1.R.3.1
  - 2 Demonstrate the characteristics of a good citizen in school and the community. HE.1.R.3.2
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### Standard 4 Critical Thinking and Problem Solving HE.1.R.4

- 1 Identify the importance of working together to solve problems. HE.1.R.4.1
  - 2 Identify the importance of sharing thoughts and ideas as an individual and as part of a group. HE.1.R.4.2
  - 3 Understand that conflict may arise when working together. HE.1.R.4.3
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## Personal Health Concepts

HE.1.PHC

### Standard 1 Core Concepts HE.1.PHC.1

- 1 Recognize how healthy behaviors affect personal health. HE.1.PHC.1.1
  - 2 Identify how you can prevent childhood injuries in the home, school, and community settings. HE.1.PHC.1.2
  - 3 Identify the correct names of human body parts. HE.1.PHC.1.3
  - 4 Describe ways you can prevent common communicable diseases. HE.1.PHC.1.4
  - 5 Tell about behaviors that avoid or reduce health risks. HE.1.PHC.1.5
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### Standard 2 Internal and External Influence HE.1.PHC.2

- 1 Identify how children learn health behaviors from family and friends. HE.1.PHC.2.1
  - 2 Explain why personal information should not be shared on the internet. HE.1.PHC.2.2
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### Standard 3 Prevention and Decision Making HE.1.PHC.3

- 1 Describe situations when a health-related decision can be made individually or when assistance is needed. HE.1.PHC.3.1
  - 2 Identify healthy options to personal health-related issues or problems. HE.1.PHC.3.2
  - 3 Explain the consequences of not following rules/practices when making healthy and safe decisions. HE.1.PHC.3.3
  - 4 Establish a short-term health goal as a class and monitor progress toward achieving the goal. HE.1.PHC.3.4
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### Standard 4 Advocacy HE.1.PHC.4

- 1 Describe appropriate responses to unwanted, unsafe, and threatening situations. HE.1.PHC.4.1
  - 2 Identify ways one can make request to promote personal health. HE.1.PHC.4.2
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## Community and Environmental Health

HE.1.CEH

### Standard 1 Core Concepts HE.1.CEH.1

- 1 Identify ways the community encourages a healthy environment. HE.1.CEH.1.1
  - 2 Understand ways to prevent common communicable diseases in the community. HE.1.CEH.1.2
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### Standard 2 Internal and External Influence HE.1.CEH.2

- 1 Recognize health consequences for not following rules. HE.1.CEH.2.1

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**Standard 3 Prevention and Decision Making** HE.1.CEH.3

- 1 Identify ways in the community to prevent childhood injuries in the school and community settings. HE.1.CEH.3.1
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**Standard 4 Advocacy** HE.1.CEH.4

- 1 Help others to make positive health choices. HE.1.CEH.4.1
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**Consumer Health** HE.1.CH

**Standard 1 Core Concepts** HE.1.CH.1

- 1 Determine the meaning of warning labels and signs on hazardous products and places. HE.1.CH.1.1
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**Standard 3 Prevention and Decision Making** HE.1.CH.3

- 1 List healthy and unhealthy choices for personal health and safety. HE.1.CH.3.1
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**Standard 4 Advocacy** HE.1.CH.4

- 1 Discuss ways to ask for support from a trusted adult or professional. HE.1.CH.4.1