

Kindergarten

Students will comprehend content related to health promotion and disease prevention to enhance health.

- 1 Identify family and school rules about the use of medicines. [K.1.1](#)
- 2 Describe the importance of choosing healthy foods and beverages and identify the benefits of drinking water. [K.1.2](#)
- 3 Describe the importance of talking with parents and other trusted adults about feelings. [K.1.3](#)
- 4 Describe the importance of respecting the personal space and boundaries of others. [K.1.4](#)
- 5 Identify the benefits of personal health care practices. [K.1.5](#)
- 6 Identify how injuries can be prevented. [K.1.6](#)
- 7 Identify the benefits of healthy peer and family relationships. [K.1.7](#)
- 8 Describe the benefits of not using tobacco. [K.1.8](#)
- 9 Identify safe and unsafe touches. [K.1.9](#)
- 10 Describe why it is harmful to tease or bully others. [K.1.10](#)

Analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

- 1 Identify people at home and in the community who influence personal health decisions and behaviors. [K.2.1](#)

Access valid information, products and services to enhance health.

- 1 Identify school and community health care helpers. [K.3.1](#)
- 2 Identify trusted adults who help provide accurate health information. [K.3.2](#)

Use interpersonal communication skills to enhance health and avoid or reduce health risks.

- 1 Identify effective active listening skills. [K.4.1](#)
- 2 Identify how to effectively communicate needs, wants and feelings in healthy ways. [K.4.2](#)
- 3 Identify unwanted, threatening or dangerous situations. [K.4.3](#)

4 Identify trusted adults to talk to if feeling threatened or harmed. K.4.4

5 Describe positive behaviors used to communicate with others. K.4.5

Use decision-making skills to enhance healthy behaviors.

1 Identify steps needed to make informed decisions. K.5.1

2 Identify health situations that require decision-making assistance. K.5.2

3 Identify trusted adults who help make health decisions for you. K.5.3

Use goal-setting skills to enhance healthy behaviors.

1 Identify individual goals for improving health. K.6.1

2 Identify choices needed to reach a goal. K.6.2

3 Identify people who can help achieve goals. K.6.3

Practice health-enhancing behaviors and avoid or reduce health risks.

1 Identify personal health habits that promote healthy living. K.7.1

2 Identify what causes diseases and other health risks. K.7.2

Advocate for personal, family and community health.

1 Identify ways to encourage others to be healthy. K.8.1