

# Grade K

Adopted 2007

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

1. The student will describe how individual behavior affects individual health.
  - <li>Alcohol and Other Drugs</li><li>Community and Environmental Health</li><li>Family Life and Sexuality</li><li>Injury Prevention</li><li>Mental Health</li><li>Nutrition</li><li>Personal and Consumer Health</li><li>Physical Activity</li><li>Tobacco</li></ul>
  - 2. The student will describe how the family influences personal health.
    - <li>Alcohol and Other Drugs</li><li>Community and Environmental Health</li><li>Family Life and Sexuality</li><li>Injury Prevention</li><li>Mental Health</li><li>Nutrition</li><li>Personal and Consumer Health</li><li>Physical Activity</li><li>Tobacco</li></ul>

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

1. The student will explain how information and how we spend our time influences health.

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

1. The student will demonstrate the ability to locate school and community health helpers.

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

1. The student will show healthy ways to express needs, wants, and feelings.

Students will demonstrate the ability to use decision-making skills to enhance health.

1. The student will identify skills in problem solving and decision making.

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

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- 1. The student will identify responsible health behaviors.**

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

- 1. The student will identify safe behaviors in the home, school, and community.**