

# Health: Grade 2

Adopted 2016

## Wellness

### 1. Dimensions of Health

2. Describe what it means to be healthy. [H1.W1.2](#)
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### 2. Hygiene

2. Describe benefits of hygiene practices. [H1.W2.2](#)
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### 3. Disease Prevention

- a. Understand bacteria and viruses are types of germs. [H1.W3.2.A](#)
  - b. Describe differences between communicable and noncommunicable diseases. [H1.W3.2.B](#)
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### 4. Analyzing Influences

2. Understand how media influences health decisions and behaviors. [H2.W4.2](#)
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### 5. Access Valid Information

2. Identify characteristics of valid health information and services. [H3.W5.2](#)
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### 6. Communication

- a. Demonstrate active listening skills to enhance communication. [H4.W6.2.A](#)
  - b. Identify skills for assertive communication. [H4.W6.2.B](#)
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### 7. Decision-Making

2. Identify healthy options for making a health-related decision. [H5.W7.2](#)
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### 8. Goal-Setting

2. Describe steps to achieve a personal health goal. [H6.W8.2](#)
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## Safety

### 1. Injury Prevention

- a. Identify safety hazards in the community. [H1.SA1.2.A](#)
- b. Describe bicycle, pedestrian, and transportation safety rules. [H1.SA1.2.B](#)
- c. Describe emergency, fire, and safety plans at home and at school. [H1.SA1.2.C](#)
- d. Understand importance of avoiding weapons when unsupervised. [H1.SA1.2.D](#)

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## 2. First Aid

- a. Recognize local emergency alert system. [H1.SA2.2.A](#)
  - b. Identify people who can help when someone is injured or suddenly ill. [H1.SA2.2.B](#)
  - a. Describe safety rules to follow in a disaster. [H1.SA2.3.A](#)
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## 3. Violence Prevention

- a. Describe different types of violence and abuse. [H1.SA3.2.A](#)
  - b. Identify healthy and unhealthy group characteristics. [H1.SA3.2.B](#)
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## Nutrition

### 1. Food Groups and Nutrients

- a. Understand how to create a balanced meal. [H1.N1.2.A](#)
  - b. Describe how each food group contributes to a healthy body. [H1.N1.2.B](#)
  - c. Understand importance of eating meals throughout the day. [H1.N1.2.C](#)
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### 2. Beverages

- 2. Identify benefits of drinking recommended intake of water. [H1.N2.2](#)
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### 3. Label Literacy

- 2. Identify purpose of a Nutrition Facts label. [H3.N3.2](#)
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### 4. Caloric Intake and Expenditure

- 2. Identify healthy eating patterns that provide energy and help the body grow and develop. [H1.N4.2](#)
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### 5. Disease Prevention

- 2. Understand that food choices can put individuals at risk for some health problems. [H1.N5.2](#)
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### 6. Nutritional Planning

- 2. Identify how family, school, and community influence food and beverage choices and eating behaviors. [H2.N6.2](#)
  - 2. Recognize decision-making or refusal skills that could help when making food choices. [H5.N6.2](#)
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## Sexual Health

### 1. Anatomy and Physiology

- 2. Use medically accurate names for body parts, including external reproductive anatomy. [H1.SE1.2](#)
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### 2. Growth and Development

- 2. Understand physical changes are part of growth and development. [H1.SE2.2](#)

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### 3. Reproduction

2. Understand living things can reproduce. [H1.SE3.2](#)
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### 5. Self-Identity

- a. Understand there is a range of gender roles and expression. [H1.SE5.2.A](#)
  - b. Understand importance of treating others with respect regarding gender expression. [H1.SE5.2.B](#)
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### 6. Healthy Relationships

- a. Identify characteristics and benefits of healthy friendships. [H1.SE6.2.A](#)
  - b. Explain why unwanted touches should be reported to a trusted adult. [H1.SE6.2.B](#)
  - a. Describe healthy ways for family members and friends to express feelings toward each other. [H4.SE6.2.A](#)
  - b. Demonstrate how to tell trusted adults about unwanted touch until action is taken. [H4.SE6.2.B](#)
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## Social Emotional Health

### 1. Self-Esteem

- a. Identify personal strengths and challenges. [H1.S01.2.A](#)
  - b. Recognize that practice develops confidence. [H1.S01.2.B](#)
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### 2. Body Image

2. Understand body size, shape, and appearance are partially determined by genetics. [H1.S02.2](#)
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### 3. Stress Management

- a. Identify causes of stress. [H1.S03.2.A](#)
  - b. Describe stress management techniques. [H1.S03.2.B](#)
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### 4. Expressing Emotions

2. Demonstrate appropriate ways to express emotions. [H4.S04.2](#)
  2. Understand relationship between emotions and behaviors. [H1.S04.2](#)
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### 5. Harassment, Intimidation, and Bullying

2. Define bystanders and interveners related to bullying. [H1.S05.2](#)
  2. Identify strategies to intervene safely when someone is being bullied or teased. [H8.S05.2](#)
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## Substance Use and Abuse

### 1. Use and Abuse

- a. Understand differences between prescription medicines, over-the-counter medicines, and harmful drugs. [H1.SU1.2.A](#)
  - b. Understand commonly used terms for tobacco and alcohol. [H1.SU1.2.B](#)
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### 2. Effects

2. Understand effects of tobacco and alcohol. [H1.SU2.2](#)
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### 3. Prevention

2. Describe how to use refusal skills when offered non-prescribed medicine or harmful drugs. [H4.SU3.2](#)
2. Identify benefits of being tobacco- and alcohol-free. [H1.SU3.2](#)
2. Demonstrate refusal skills in different situations. [H1.SU3.2](#)