

National Health Education Standards

Kindergarten-Grade 2

Standard 1

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

Code	Benchmark
1.2.1	Identify that healthy behaviors impact personal health.
1.2.2	Recognize that there are multiple dimensions of health.
1.2.3	Describe ways to prevent communicable diseases.
1.2.4	List ways to prevent common childhood injuries.
1.2.5	Describe why it is important to seek health care.

Standard 2

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

Code	Benchmark
2.2.1	Identify how the family influences personal health practices and behaviors.
2.2.2	Identify what the school can do to support personal health practices and behaviors.
2.2.3	Describe how the media can influence health behaviors.

Standard 3

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

Code	Benchmark
3.2.1	Identify trusted adults and professionals who can help promote health.
3.2.2	Identify ways to locate school and community health helpers.

Standard 4

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

Code	Benchmark
4.2.1	Demonstrate healthy ways to express needs, wants, and feelings.
4.2.2	Demonstrate listening skills to enhance health.
4.2.3	Demonstrate ways to respond in an unwanted, threatening, or dangerous situation.
4.2.4	Demonstrate ways to tell a trusted adult if threatened or harmed.

Standard 5

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

Code	Benchmark
5.2.1	Identify situations when a health-related decision is needed.
5.2.2	Differentiate between situations when a health-related decision can be made individually or when assistance is needed.

Standard 6

Students will demonstrate the ability to use goal-setting skills to enhance health.

Code	Benchmark
6.2.1	Identify a short-term personal health goal and take action toward achieving the goal.
6.2.2	Identify who can help when assistance is needed to achieve a personal health goal.

Standard 7

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

Code	Benchmark
7.2.1	Demonstrate healthy practices and behaviors to maintain or improve personal health.
7.2.2	Demonstrate behaviors that avoid or reduce health risks.

Standard 8

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

Code	Benchmark
8.2.1	Make requests to promote personal health.
8.2.2	Encourage peers to make positive health choices.