



New K -12 Health Standards

Health Standards 2022 - 2023

There are essential skills that repeat throughout the five to six strands and embody the interconnection of health literacy.

- Decision making
- Problem solving
- Goal setting,
- Maintaining healthy relationships with self and others,
- Seeking help and support,
- Recognizing various influences on health such as social, environmental, media, and genetic

The Law

(A) a local school district's control over the provision of human sexuality instruction to ensure that local community values are reflected in that instruction (Texas Education Code (TEC), §28.004(e)-(h));

(B) the right of a parent or legal guardian to be informed of the provision of human sexuality instruction to their child and review the content of that instruction (TEC, §28.004(i)-(j));

(C) the right of a parent or legal guardian to remove their child from any portion of human sexuality instruction without penalty to the child (TEC, §28.004(i));

(D) the centrality of abstinence education in any human sexuality curriculum (TEC, §28.004(e)); and

(E) the right of a parent or legal guardian to be informed of and consent to an abortion performed on their pregnant child (with judicially authorized or medical emergency exceptions) (Texas Family Code, Chapter 33).



K - 3

Five Strands

Physical Health and Hygiene Education

Mental Health and Wellness

Healthy Eating and Physical Activity

Injury and Violence Prevention and Safety

Alcohol, Tobacco, and other Drugs

Physical Health and Hygiene Education

Kindergarten

- ▶ Name people that can give health care guidance
- ▶ Personal hygiene and health habits
- ▶ Discuss germs and immunizations
- ▶ Head lice and biting insects that cause illness

1st

- ▶ Identify health care professionals and services that are provided
- ▶ Personal hygiene and health habits that enhance life
- ▶ Describe how germs are transmitted, methods of prevention and immunization
- ▶ Describe where lice and other biting insects are encountered

2nd

- ▶ Individual health maintenance
- ▶ Steps to take when ill
- ▶ Importance of practicing personal hygiene and proper health habits
- ▶ Explain ways that germs are transmitted, prevention and importance of immunization
- ▶ Discuss signs and symptoms of biting insect illnesses

3rd

- ▶ Explain the importance of seeking assistance in making decisions about health
- ▶ Access health information
- ▶ Benefits of personal health choices
- ▶ Transmission of germs, prevention and importance of immunizations
- ▶ Common diseases (allergies) not caused by germs
- ▶ Ticks and mosquitos

Mental Health and Wellness

Kindergarten

- ▶ Identify own feelings and emotions
- ▶ Practice calming and self management strategies
- ▶ Discuss how friends influence a person's behavior
- ▶ Skills for making new acquaintances
- ▶ Strategies to solve conflicts
- ▶ Positive social skills and personal qualities
- ▶ One health-related goal

1st

- ▶ Identify own feelings and emotions
- ▶ Explain how emotions can interrupt thinking and the self- management process
- ▶ Peers and families build healthy relationships
- ▶ Build and maintain friendships
- ▶ Verbal and non verbal communication
- ▶ Identify others emotions and feelings
- ▶ Identify and practice ways to solve conflicts with friends and peers
- ▶ Kindness to self
- ▶ Negative and positive stress, loss and grief

2nd

- ▶ Communicate needs, wants and emotions in healthy ways
- ▶ Self-management strategies
- ▶ Peer influence on an individual's social and emotional health
- ▶ Qualities of a good friend
- ▶ Respectful communication (family, peers, teachers)
- ▶ Interpreting verbal and non verbal cues
- ▶ Prevent and repair broken friendships
- ▶ Ways to be kind to self and others
- ▶ Personal growth
- ▶ Identify positive and negative stressors and impact

3rd

- ▶ Communicate emotions in healthy ways
- ▶ Self management strategies
- ▶ Brain development
- ▶ Healthy and harmful friend influences and friendships
- ▶ Respectful communication
- ▶ Strategies for resolving conflict
- ▶ Self -esteem and goal setting
- ▶ Strategies to support others, reduce stress and acceptance

Healthy Eating and Physical Activity

Kindergarten

- ▶ Human body is composed mostly of water and explain importance of drinking water daily
- ▶ identify healthy portion sizes
- ▶ Foods that help body grow
- ▶ Healthy and unhealthy snack choices
- ▶ Food allergy safety and respecting others
- ▶ Healthy habits (physical activity and sleep)
- ▶ Procedures for emergencies
- ▶ Protective equipment

1st

- ▶ Fruits, proteins, vegetables, and dairy provide essential vitamins and minerals
- ▶ Portion sizes
- ▶ Food groups
- ▶ Unhealthy ingredients (added sugar)
- ▶ Common food allergies
- ▶ Healthy habits that improve health
- ▶ Exercise

2nd

- ▶ Signs and symptoms of common food allergies
- ▶ Establish healthy eating and physical activity habits
- ▶ Identify various media that provide health information and how media can influence an individual's health choices such as television advertisements for fast foods and breakfast cereals

3rd

- ▶ Classify foods by the nutrients they provide
- ▶ Plan a balanced meal that follows government nutrition guidelines
- ▶ Saturated and unsaturated fat content
- ▶ Health-promoting decisions
- ▶ Describe how healthy and unhealthy behaviors affect body systems and demonstrate refusal skills in dealing with unhealthy eating situations

Injury and Violence Prevention and Safety

Kindergarten

- ▶ Roles and characteristics of trusted adults
- ▶ Refusal skills
- ▶ Personal space and appropriate boundaries
- ▶ Safe play environments
- ▶ Name dangerous objects and how they can be harmful
- ▶ Personal safety plan
- ▶ Bullying behaviors and role of a bystander
- ▶ Appropriate actions in response to bullying

1st

- ▶ Strategies to keep safe by staying away from dangerous situations
- ▶ Proper use of protective equipment
- ▶ Refusal skills to protect personal space
- ▶ Personal safety plan
- ▶ Safe and unsafe environments
- ▶ Impact of interpersonal violence

2nd

- ▶ Unsafe situations and identify how to handle strangers
- ▶ Personal safety plan
- ▶ Identify unsafe requests made in a digital or online environment and how to take appropriate action
- ▶ Cyberbullying
- ▶ Impact of interpersonal violence and the importance of seeking guidance and help to maintain personal safety

3rd

- ▶ Identify reasons for avoiding violence, gangs, weapons, and drugs
- ▶ Identify characteristics of safe home, school, and community environments
- ▶ Create a personal safety plan
- ▶ Digital/ online safety
- ▶ Define abuse and neglect

Alcohol, Tobacco and other Drugs

Kindergarten

- ▶ Proper use of medications
- ▶ Discuss the harmful effects of alcohol, tobacco, and drugs on physical health
- ▶ Refusal skills and strategies

1st

- ▶ Difference between over-the-counter and prescription drugs
- ▶ Describe the harmful effects of alcohol, tobacco, other drugs, and dangerous substances
- ▶ Understand what to do in emergency situations EX: Poisoning, overdose
- ▶ Refusal skills to avoid substance use and misuse

2nd

- ▶ Impact of interpersonal violence and the importance of seeking guidance and help to maintain personal safety
- ▶ Poisoning or overdose could look like and identify how to respond
- ▶ Identify unsafe requests related to alcohol, tobacco, and other drugs made by friends
- ▶ Refusal skills

3rd

- ▶ Identify misuse and proper use of over-the-counter and prescription drugs
- ▶ Describe the harmful effects of alcohol, tobacco, other drugs, and dangerous substances
- ▶ Short term and long term effects of substance abuse



4th -12th

Six Strands

Physical Health and Hygiene Education

Mental Health and Wellness

Healthy Eating and Physical Activity

Injury and Violence Prevention and Safety

Alcohol, Tobacco, and other Drugs

Reproductive and Sexual Health

Physical Health and Hygiene Education

(4 - 8)The student examines the structure, function, and relationships of body systems and their relevance to personal health.

Health I - Physical health and hygiene--personal health and hygiene. The student understands health literacy, preventative health b

4th	5th	6th	7th - 8th	Health I
2(C)Explain strategies for maintaining personal hygiene and health habits	2(C)Identify decision-making skills that promote individual, family, and community health;	2(C)Describe ways to demonstrate decision-making skills based on health information	2(C)identify barriers related to solving health problems and ways to overcome barriers	1(C)discuss the importance of early detection and warning signs that prompt individuals of all ages to seek health care.

Mental Health and Wellness

The student identifies and applies strategies to develop socio-emotional health, self-regulation, and healthy relationships.

4th	5th	6th	7th - 8th	Health I
3(B)describe the importance of identifying and reframing thoughts and applying calming and self-management strategies when dealing with strong emotions, including anger;	3(B)practice and apply strategies for calming and self-management;	3(B)assess and demonstrate healthy ways of responding to conflict	3(B)analyze the relationship between thoughts, feelings, and behaviors and demonstrate healthy techniques for managing reactions in times of emotional stress;	3(B)analyze forms of communication such as passive, aggressive, or assertive and their impact on conflict resolution.

Mental Health and Wellness

- The student develops the capacity for self-assessment and evaluation, goal setting, and decision making in order to develop a healthy self-concept.
- The student recognizes the influence of various factors on mental health and wellness.
- The student develops and uses appropriate skills to identify and manage conditions related to mental health and wellness.

Healthy Eating and Physical Activity

- Food and beverage daily recommendations. The student analyzes and applies healthy eating strategies for enhancing and maintaining personal health throughout the lifespan.
- Physical activity. The student identifies, analyzes, and applies strategies for enhancing and maintaining optimal personal physical fitness throughout the lifespan.
- Nutrition and physical activity literacy. The student obtains, processes, and understands basic physical activity and nutrition information needed to make health-promoting decisions.
- Risk and protective factors. The student analyzes and applies risk and protective factors related to healthy eating and physical activity.

Injury and Violence Prevention and Safety

The student understands the impact of interpersonal violence and the importance of seeking guidance and help to maintain personal safety

4th	5th	6th	7th - 8th	Health I
14(D) identify types of abuse and neglect and ways to seek help from a parent or another trusted adult.	14(C) explain the impact of abuse and neglect and the importance of reporting abuse and neglect.	14(C) identify how exposure to family violence can influence behavior and the importance of reporting suspected abuse	14(A) identify forms of family violence, including physical, mental, and emotional violence	12(A) research and analyze how exposure to family violence can influence cyclical behavioral patterns;

Injury and Violence Prevention and Safety

- ▷ Safety skills and unintentional injury. The student identifies and demonstrates safety and first aid knowledge to prevent and treat injuries. The student is expected to describe basic first-aid procedures.
- ▷ Healthy home, school, and community climate. The student understands that individual actions and awareness can impact safety, community, and environment.
- ▷ Digital citizenship and media. The student understands how to be a safe and responsible citizen in digital and online environments.
- ▷ Interpersonal violence. The student understands the impact of interpersonal violence and the importance of seeking guidance and help to maintain personal safety.

Alcohol, Tobacco, and other Drugs

- Use, misuse, and physiological effects. The student understands the difference between use and misuse of different substances and how the use and misuse of substances impacts health.
- Short- and long-term impacts. The student identifies and analyzes the short- and long-term impacts of the use and misuse of alcohol; tobacco; drugs, including prescription drugs; and other substances
- Treatment. The student recognizes and understands the options for treatment and how to seek help related to the use and misuse of alcohol; tobacco; drugs, including prescription drugs; and other substances
- Risk and protective factors. The student understands how various factors can influence decisions regarding substance use and the resources available for help.
- Prevention. The student analyzes information and applies critical-thinking skills to avoid substance use and misuse and recognizes the benefits of delayed use.

Reproductive and Sexual Health

Personal safety, limits, and boundaries. The student understands how to set and respect personal boundaries to reduce the risk of sexual harassment, sexual abuse, and sexual assault.

4th	5th	6th	7th - 8th	Health I
20(A) explain changes that occur in males and females during puberty and adolescent development; and (B) define the menstrual cycle	21(A) define sexual harassment, sexual abuse, sexual assault, and sex trafficking;	21(B) identify the social and emotional impacts of sexual harassment, sexual abuse, sexual assault, and sex trafficking;	21(B) explain the social and emotional impacts of sexual harassment, sexual abuse, sexual assault, and sex trafficking;	19(A) describe the characteristics of sex trafficking such as grooming, controlling behavior, exploitation, force, fraud, coercion, and violence;

Reproductive and Sexual Health

Healthy relationships. The student understands the characteristics of healthy romantic relationships. (5th - High school)

- ▷ Personal safety, limits, and boundaries. The student understands how to set and respect personal boundaries to reduce the risk of sexual harassment, sexual abuse, and sexual assault. (5th - High School)
- ▷ Anatomy, puberty, reproduction, and pregnancy. The student analyzes adolescent development, the process of fertilization, and healthy fetal development (Middle School and High School)
 - ▶ The student identifies adolescent development (4th grade)
- ▷ Sexual risk. The student understands that there are risks associated with sexual activity and that abstinence from sexual activity is the only 100% effective method to avoid risks (Middle School and High School)



New Health TEKS