



Department of Instruction

Health Education Topics

INJURY PREVENTION AND PERSONAL SAFETY

Kindergarten

- Safety rules and helpers
- Effect of no rules
- Where injuries happen
- Safety awards
- Routines for fire, storms, floods; decision making; emergencies
- Safe and unsafe play
- Personal safety
- Refusal skills
- Who to trust
- Safe and unsafe touches

Grade 1

- Careless and careful behavior
- Predicting consequences of actions
- Being responsible
- Rules of safe play
- Safe and unsafe fire prevention routines
- Keeping your body safe
- Routines for body care
- Private body parts
- Types of touches
- How to yell and tell
- Refusal skills

Grade 2

- Safe vs. unsafe
- Safety rules and laws
- Common hazards
- Emergencies: getting help, acting quickly
- Protecting the brain
- Acting responsibly
- Refusal skills
- Predicting consequences of safe and unsafe actions
- Practicing personal safety routines

- Types of touches

Grade 3

- Safe at home and away
- Responsible safety strategies
- Safe environments
- Turning unsafe into safe
- Identifying emergencies
- Understanding the concept of risk
- Setting personal safety goals
- Safe, unsafe, and confusing touches
- Practicing personal safety
- Using refusal skills
- Communication skills for emergencies
- How to get help

Grade 4

- Safety hazards
- Things that hurt your body
- Common sense
- Taking responsibility
- Dangerous vs. harmless
- Making safe decisions
- Types of abuse
- Right to privacy
- Sharing with a trusted adult
- Predicting consequences
- Practicing refusal and communication skills
- Internet safety
- Finding resources for help
- Developmental assets

Grade 5

- Defining First Aid
- Helping others
- Rules for emergencies
- Decision-making steps
- First Aid skills
- Major vs. minor emergencies
- Avoiding risk
- Personal safety
- Sexual harassment
- Assertiveness
- Refusal skills

- Locating resources for help

NUTRITION

Kindergarten

- Healthful food choices
- Safe food handling
- Cultural, familial, and individual preferences
- Goals for healthful eating
- Decision making for a healthful diet
- Food needs of living things
- Healthful versus unhealthful
- Variety
- Meal plans
- Healthful breakfast
- Food groups

Grade 1

- Role of food
- Effects of healthful and unhealthful foods
- Setting dietary goals
- Decision-making steps for healthy meals
- How food turns into energy
- Learning about digestion
- Food handling methods
- Food groups
- Influence of culture and family

Grade 2

- Role of nutrients
- Number of daily servings from food groups
- Role of good breakfast
- Classifying and evaluating foods
- Making responsible food choices
- Nutrition and self-worth
- Implementing goals
- Choosing healthful snacks
- Identifying influences on food choices

Grade 3

- Nutrition and digestion
- Reading food labels
- Responsible food choices
- Nutritional guidelines

- Food handling and labeling laws
- Influences on eating habits
- Ranking foods for energy and nutrients
- Testing recipes
- Food groups
- Setting nutritional goals

Grade 4

- Digestive process
- Calories
- Energy and nutrients
- Responsibility for eating and exercise
- Meal planning
- Aesthetic and sensory preferences
- Refusal skills
- Eating disorders
- Food groups
- Influences on food choices
- Nutritional goal setting

Grade 5

- Nutrition in the community
- Good food handling practices
- Responsible approach to food choices
- Individual, family, and personal preferences
- Predicting results of good nutrition
- Life cycle and changes in nutritional needs
- Preventing illness and disease
- Understanding health policies
- Eating disorders
- Setting dietary guidelines and goals
- Influences on food choices
- Shopping and budgeting

FUNCTIONS OF THE BODY

Kindergarten

- Functions of and care routines for the five senses
- Responsibility
- Empathy
- Practicing being helpful
- Heeding body signals
- How senses protect you

- Predicting effects of sense impairment
- Respecting self and others
- Responsible self-care
- Impact of drugs on the body

Grade 1

- Identifying body parts and functions:
- heart, lungs, liver, teeth, five senses, brain, skin, ears, mouth, blood, stomach, and intestines
- Safety routines to protect body
- Heeding body signals
- Talking and listening
- Speaking and hearing problems
- Impact of drugs on the body

Grade 2

- Parts and functions of the brain
- Various ways to be smart
- Thinking skills
- Heart functions
- Muscles
- Skin
- Taking care of the body
- Effects of smoking
- Symptoms and effects of fear
- Immune system
- Body's reaction to drugs

Grade 3

- Parts and functions of the eye
- Practicing seeing new things
- Eye problems and protection
- Eye care standards
- Digestive and immune systems
- Cells
- Physical impairments
- Responsible self-care
- Genes and heredity
- Skeletal system

Grade 4

- About the heart, lungs, bones, muscles, digestion, endocrine and immune systems
- Teeth and dental care
- Oral health

- Mouth structure
- Dental products
- Dental professionals
- Function and care of the ear
- Responsible care of the body
- Hearing problems
- Disability awareness
- Different forms of communication

Grade 5

- Brain structure and functions
- Reflex vs. conscious actions
- Respiratory system
- Breathing problems and response to emergencies
- Endocrine, nervous, circulatory systems
- Muscular/skeletal, and reproductive systems
- The brain and types of intelligences
- Responsible self-care
- Impact of drugs on the body

GROWTH & DEVELOPMENT/THE CYCLE OF FAMILY LIFE

Kindergarten

- Defining family and team
- Identifying love, trust, and caring
- Family similarities and differences
- Growing and changing
- A special person at every stage
- Family rules and jobs
- Consequences of no rules
- Comparing and contrasting different bodies
- Self-awareness
- Self-management
- Social awareness of differences

Grade 1

- Muscles and bones
- Growth and development throughout the life cycle
- Exercising at all ages
- How to have family fun
- Being responsible
- Setting goals
- How to cooperate

- Social awareness of differences
- Self-awareness of traits

Grade 2

- How babies grow and change
- Knowing the stages of life
- Needs of growing plants, animals, and people
- Defining family
- Family roles and respecting differences
- Responsibility in families
- Facing family changes
- Predicting consequences of resisting change
- Social awareness of differences
- Self-awareness of traits

Grade 3

- Defining the word family
- Different types of families
- Respecting the importance of the family
- Different family responsibilities and traditions
- Understanding the role of genes
- Pride in culture
- Preventing discrimination
- Appreciating uniqueness in one's self and others
- Developing self-worth

Grade 4

- Hormones and body changes
- Meaning of growing up physically and emotionally
- Managing strong emotions
- Practicing good hygiene
- Setting goals
- Value of keeping clean
- Personal strengths and challenges
- Decision making
- Cosmetics and hygiene products
- Role of nutrition in growth and development
- Awareness of external support systems

Grade 5

- Growing up
- Hygiene routines for puberty
- Endocrine system/role of hormones

- Hormone disorders
- Biological differences between boys and girls
- Responsibilities of maturing adolescents
- Decision making in at-risk situations
- Social/emotional learning skills
- Genetic factors (heredity)
- Sexual harassment
- Social awareness of differences
- Self-awareness of traits

DISEASE AND ILLNESS PREVENTION

Kindergarten

- What doctors, dentists, nurses, and others do
- Responsibility for following directions when sick
- Doctors and dentists' tools
- Knowing emergency phone numbers
- Good hygiene
- Decision making
- When and what not to share
- Defining sick
- Showing concern
- Medicine rules
- Communicable and non communicable diseases

Grade 1

- Illness symptoms
- Self-care
- Consequences of poor care
- Knowing about germs
- Fighting germs
- Expressing empathy
- Following directions
- Personal and community hygiene rules
- Common childhood illnesses
- Vaccines

Grade 2

- Defining germs and how they spread
- Contrasting sick and well
- Setting illness prevention goals
- Respecting body signals
- Antibodies

- Do's and don'ts when sick
- Community health helpers
- Medicine safety rules
- Immunizations

Grade 3

- How germs spread
- Communicable vs. other illnesses
- Defining epidemic
- Role of hygiene in illness prevention
- The immune system
- Responsible vs. irresponsible behaviors
- Vaccines and medicines
- Using refusal skills
- Practicing healthy behaviors
- Signs and symptoms of illness
- Medicine rules

Grade 4

- Identifying a virus
- Bacteria
- Fungi
- Hygiene routines ,
- Illness prevention
- Immune system and HIV
- Decision making for healthy behavior
- Unhealthy risks
- Transmission of germs
- Disease and the community
- Hepatitis, HIV, and other illnesses

Grade 5

- Brain disorders
- Hygiene routines for illness prevention
- Relationship between disease and health choices
- Diseases associated with blood
- Immunization
- Effects of HIV on the immune system
- Setting goals
- Refusal skills
- Care of chronically ill
- Respiratory disease
- Empathy

SUBSTANCE ABUSE PREVENTION

Kindergarten

- Defining drugs and medicines
- Knowing the importance of saying no
- Identifying dangerous substances
- Practicing identifying different drugs (tobacco, alcohol)
- Following drug safety rules
- Drugs vs. non-drugs
- Drug effects
- Where to go for help
- Refusal skills
- Predicting consequences
- Medicine rules

Grade 1

- Identifying drugs (tobacco, alcohol, medicines)
- Knowing the effects of drugs
- Locating trusted adults for help
- Respecting community helpers
- Rules, laws for preventing drug abuse
- Routines for healthy living
- Refusal skills
- Predicting consequences of not following medicine rules

Grade 2

- Identifying drug types (nicotine, alcohol, street drugs)
- Knowing the importance of healthy choices
- Practicing changing habits
- Positive ways to solve problems
- Knowing the effects of drugs on family and community
- Drug-free and safe communities
- Refusal skills

Grade 3

- Defining a drug-free and safe community
- Rules and laws for medicines and drugs
- Personal strategies for drug safety
- Drug addiction (nicotine, alcohol, street drugs, medicines)
- How values help prevent drug abuse
- Predicting the consequences of becoming addicted to drugs
- Practicing refusal skills
- Set goals for drug-free living

Grade 4

- Effects of smoking
- Difficulty of changing habits
- Addictions: physical and psychological
- Advertising and other influences on behavior
- Secondhand smoke
- Identify drugs and effects on the body
- Value of being drug free
- Drug/HIV link
- Refusal skills
- Finding resources for help
- Developmental assets

Grade 5

- Use, misuse, and abuse of drugs
- Short and long-term effects of drugs
- Why drugs won't solve problems
- Practicing positive values (self-respect, responsibility, honesty)
- Media influences
- Positive social behaviors
- Alcoholism
- Developmental assets
- HIV and IV drug use

COMMUNITY HEALTH & SAFETY (WITH VIOLENCE PREVENTION)

Kindergarten

- How to define community
- Community helpers
- How being a responsible citizen helps your community
- Rules and laws
- Unsafe and violent actions
- Safety routines to avoid violence and danger
- Bully prevention
- Social awareness
- Conflict resolution
- Decision making
- Respect for community helpers

Grade 1

- Rules to keep safe
- Thanking community helpers
- Role-playing different at-risk situations

- Practicing asking for help
- How to read, write, and speak name, address, and phone number
- Knowing what help is needed when
- Refusal skills
- Avoiding violence
- Bully prevention, teasing

Grade 2

- Community helpers
- Knowing ways you might hurt others and how they might hurt you
- Practicing ways to avoid fights
- Classifying violent and non-violent TV
- Predicting consequences of various behaviors
- Defining what it means to be drug free and a good citizen
- Bully prevention, teasing

Grade 3

- Naming local community helpers
- Studying community health
- Rules and laws for community health
- Predicting the effect of no laws
- Drugs, violence, and gangs in the community
- Effects of positive and negative group attitudes
- Communication skills
- Negotiation and conflict resolution
- Harassment and bully prevention
- Community service

Grade 4

- Community safety laws and regulations
- Resolving conflicts peacefully
- Different forms of violence and triggers
- Decision-making steps for group tactics to avoid violence
- Personal goals for community safety
- Efforts to discourage drugs
- Harassment and bully prevention
- Community resources
- Community influences on health choices

Grade 5

- Public health/safety groups
- Community safety and illness prevention
- First Aid in the community

- Group behaviors that pose safety hazards
- Demonstrating responsibility to others
- Routines for keeping safe
- Community impact of communicable respiratory disease
- Conflict resolution
- Harassment and bully prevention
- Gangs

SELF-WORTH, MENTAL AND EMOTIONAL HEALTH

Kindergarten

- Seeing unique qualities in self and others
- Respecting self and others
- Practicing self care/healthy habits
- How to identify feelings and ways to help others
- Family support
- Boundaries and expectations
- Communication skills
- Friendship
- Empathy
- Character development
- Self-management of emotions

Grade 1

- Identifying personal talents, qualities, and feelings
- Methods of communication
- Respecting self and others
- Helping others
- Setting goals
- Using refusal skills
- Locating trusted adults
- Talking about feelings
- Making friends
- Positive character traits
- Self-management of emotions

Grade 2

- Identifying special qualities in self and others
- Respecting and having empathy for self and others
- How family changes affect feelings
- Coping with fear
- Real dangers
- Helping others

- Communicating
- Avoiding risky situations
- Developing positive character traits

Grade 3

- Uniqueness of self and others
- Positive character traits
- Values and goals
- Respecting self and having pride in heritage
- Grief and loss
- Respecting different points of view
- Communication and refusal skills
- Setting goals for healthy friendships
- Personal responsibility for health and safety
- Discrimination and prejudice
- Self-awareness and self-management

Grade 4

- Media, peer, and behavioral influences
- Grief and loss
- Emotions
- Body image and health habits
- Respect for self and others
- Communication skills
- Goal setting
- Social, emotional learning skills
- Making healthful decisions
- Developmental assets
- Understanding points of view
- Character development (kindness, patience)

Grade 5

- Social awareness of other people's emotions and perspectives
- Human emotions
- Emotional maturity and respect
- Positive and negative influences
- Puberty and self-esteem
- Social, emotional learning skills
- Grief and loss
- Service to others
- Communication and conflict resolution
- Practicing mental health routines
- Protective factors and support systems

- Positive character development

ENVIRONMENTAL AND CONSUMER HEALTH

Kindergarten

- How to identify healthy and clean communities
- Good citizenship
- Routines for a clean environment
- Types of pollution
- How to identify healthcare professionals and services
- Safety rules for medicines and healthcare products
- Influences on health
- Advocacy for clean communities
- How to access health services and products
- Media influences

Grade 1

- Basic needs of humans
- Clean and polluted air
- How to avoid smoke and smog
- Effects of air pollution on lungs
- Identifying community health/safety professionals and services
- Rules for healthcare products
- Proper storage of healthcare products
- Practicing advocacy
- How to access health services and products

Grade 2

- Influences on health
- Environmental hazards and skin safety
- Sun damage and protection
- Rules for safe use of food and healthcare products
- Health/safety professionals and their services
- Secondhand smoke
- Advocacy
- Community health helpers

Grade 3

- Pollution problems
- Clean environments
- Environmental protection rules
- Food labels
- Food handling
- Secondhand smoke

- Advocating for healthy communities
- Accessing health services and products

Grade 4

- Reducing noise pollution
- Healthcare professionals and their services
- Food, hygiene, and cosmetic products
- Product labels
- Buying habits
- Secondhand smoke
- Advocating for personal, family, and community health

Grade 5

- Community influences on health
- Physical activity and environmental conditions
- Consumer skills and influences, advertising, product labels
- Managing money
- Consumer responsibilities and advocacy
- Unit price shopping
- Social responsibility
- Consumer products evaluation
- Advocating for positive health and consumer behaviors
- Accessing health services and products

PHYSICAL FITNESS

Kindergarten

- Choosing heart healthy activities
- Physical activity guidelines
- Benefits of exercise on heart and muscles
- Safety routines for physical activity
- Organized and after school play
- Good sportsmanship
- Goals for fitness
- Types of physical activities
- Fitness pyramid
- Predicting consequences

Grade 1

- Relationship between exercise and nutrition
- Respiratory health
- Strong muscles and bones
- Defining physical fitness
- Benefits of exercise throughout life

- Safety routines
- Good sportsmanship and anger management
- Goals for self and others
- Types of physical activities
- Fitness pyramid

Grade 2

- Benefits of exercise on the heart, muscles, and bones
- Injury prevention
- Muscle control
- Safety routines
- Rules for safe play
- Setting fitness goals
- Muscular impairments
- Types of physical activities
- Fitness pyramid

Grade 3

- Bones, joints, and exercise
- Benefits and enjoyment of exercise
- Safety rules and injury prevention in organized sports
- Exercise and play
- Making goals for fitness
- Practicing various types of exercises
- Types of physical activities
- Fitness pyramid

Grade 4

- Exercise and muscles
- Defining physical fitness
- Benefits of exercise
- Practicing various forms of exercise and injury avoidance routines
- Setting goals for exercise and fitness
- Relationship between exercise and physical fitness
- Self-worth and stress reduction
- Types of physical activities
- Fitness pyramid

Grade 5

- Benefits of exercise
- Identifying healthful environmental conditions for exercise
- Safety routines
- Fitness goals

- Good sportsmanship
- Fitness habits
- Sports and dance from other cultures
- Components of physical fitness
- Types of physical activities
- Fitness pyramid