

## Kentucky Academic Standards for Health Education Kindergarten

Standard 1	Content Comprehension	Performance Indicators
Students will comprehend content related to health promotion and disease prevention to enhance health.	The acquisition of basic health content and functional health knowledge provides a foundation for promoting health-enhancing behaviors among Kentucky youth.	<p><b>K.1.1.</b> Identify family and school rules about the use of medicines.</p> <p><b>K.1.2.</b> Describe the importance of choosing healthy foods and beverages and identify the benefits of drinking water.</p> <p><b>K.1.3.</b> Describe the importance of talking with parents and other trusted adults about feelings.</p> <p><b>K.1.4.</b> Describe the importance of respecting the personal space and boundaries of others.</p> <p><b>K.1.5.</b> Identify the benefits of personal health care practices.</p> <p><b>K.1.6.</b> Identify how injuries can be prevented.</p> <p><b>K.1.7.</b> Identify the benefits of healthy peer and family relationships.</p> <p><b>K.1.8.</b> Describe the benefits of not using tobacco.</p> <p><b>K.1.9.</b> Identify safe and unsafe touches.</p> <p><b>K.1.10.</b> Describe why it is harmful to tease or bully others.</p>
Standard 2	Practices for Analyzing Influences	Performance Indicators
Analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.	Health is affected by a variety of positive and negative influences: family, peers, community (including school), culture and media.	<p><b>K.2.1.</b> Identify people at home and in the community who influence personal health decisions and behaviors.</p>
Standard 3	Practices for Accessing Valid Information	Performance Indicators
Access valid information, products and services to enhance health.	Access to valid health information and health-promoting products and services is critical in the	<p><b>K.3.1.</b> Identify school and community health care helpers.</p> <p><b>K.3.2.</b> Identify trusted adults who help provide accurate health information.</p>

	prevention, early detection and treatment of health problems.	
<b>Standard 4</b>	<b>Practices for Communication</b>	<b>Performance Indicators</b>
Use interpersonal communication skills to enhance health and avoid or reduce health risks.	Effective communication enhances personal, family and community health.	<p><b>K.4.1.</b> Identify effective active listening skills.</p> <p><b>K.4.2.</b> Identify how to effectively communicate needs, wants and feelings in healthy ways.</p> <p><b>K.4.3.</b> Identify unwanted, threatening or dangerous situations.</p> <p><b>K.4.4.</b> Identify trusted adults to talk to if feeling threatened or harmed.</p> <p><b>K.4.5.</b> Describe positive behaviors used to communicate with others.</p>
<b>Standard 5</b>	<b>Practices for Decision-Making</b>	<b>Performance Indicators</b>
Use decision-making skills to enhance healthy behaviors.	Decision-making skills are needed to identify, implement and sustain health-enhancing behaviors.	<p><b>K.5.1.</b> Identify steps needed to make informed decisions.</p> <p><b>K.5.2.</b> Identify health situations that require decision-making assistance.</p> <p><b>K.5.3.</b> Identify trusted adults who help make health decisions for you.</p>
<b>Standard 6</b>	<b>Practices for Goal-Setting</b>	<b>Performance Indicators</b>
Use goal-setting skills to enhance healthy behaviors.	Goal setting skills are essential to help Kentucky students identify, adopt and maintain healthy behaviors.	<p><b>K.6.1.</b> Identify individual goals for improving health.</p> <p><b>K.6.2.</b> Identify choices needed to reach a goal.</p> <p><b>K.6.3.</b> Identify people who can help achieve goals.</p>

Standard 7	Practices for Health-Enhancing Behaviors	Performance Indicators
Practice health-enhancing behaviors and avoid or reduce health risks.	Research confirms practicing health-enhanced behaviors can prevent many diseases and injuries and reduce harmful and risk-taking behaviors such as abuse and neglect, drug abuse, prescription drug abuse and sexual activity.	<p><b>K.7.1.</b> Identify personal health habits that promote healthy living.</p> <p><b>K.7.2.</b> Identify what causes diseases and other health risks.</p>
Standard 8	Practices for Advocating	Performance Indicators
Advocate for personal, family and community health.	Advocacy skills help students promote healthy norms and healthy behaviors.	<p><b>K.8.1.</b> Identify ways to encourage others to be healthy.</p>