

Kentucky Academic Standards for Health Education
Grade 2

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>2.1.1. Describe how to use medicine correctly</p> <p>2.1.2. Explain what it means to be healthy and how healthy eating and sleeping patterns help the body grow and develop.</p> <p>2.1.3. Identify the benefits of healthy peer and family relationships.</p> <p>2.1.4. Identify safety hazards in the home and the community.</p> <p>2.1.5. Explain why it is harmful to tease or bully others based on personal characteristics.</p> <p>2.1.6. Identify short and long-term physical effects of being exposed to tobacco smoke.</p> <p>2.1.7. Explain why inappropriate touches should be reported to a trusted adult.</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>2.2.1. Identify and explain how community opportunities can 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 prevention, early detection and treatment of health problems.	<p>2.3.1. Demonstrate how to locate school, home or community health care helpers to enhance health.</p> <p>2.3.2. Identify trusted adults within the community that provide personal health services.</p>
Standard 4	Practices for Communication	Performance Indicators
Use interpersonal communication skills to enhance health and avoid or reduce health risks.	Effective communication enhances personal, family and community health.	<p>2.4.1. Demonstrate effective listening and verbal communication skills.</p> <p>2.4.2. Demonstrate healthy ways to effectively communicate needs, wants and feelings.</p> <p>2.4.3. Demonstrate appropriate ways to respond to an unwanted, threatening or dangerous situations.</p> <p>2.4.4. Identify a trusted adult to ask for help in an unhealthy situation.</p> <p>2.4.5. Demonstrate how to communicate care and concern for others.</p>
Standard 5	Practices for Decision-Making	Performance Indicators
Use decision-making skills to enhance health.	Decision-making skills are needed to identify, implement and sustain health-enhancing behaviors.	<p>2.5.1. Explain the potential outcomes of personal health decisions.</p> <p>2.5.2. Explain the difference between when a health-related decision can be made individually and when assistance is needed.</p> <p>2.5.3. Identify how family, peers and media impact health-related decision making.</p>

Standard 6	Practices for Goal-Setting	Performance Indicators
Use goal-setting skills to enhance health.	Goal setting skills are essential to help students identify, adopt and maintain healthy behaviors.	<p>2.6.1. Set goals for positive physical, mental and emotional health.</p> <p>2.6.2. Analyze steps needed to reach a health-related goal.</p> <p>2.6.3. Describe people who can support the achievement of health-related 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>2.7.1. Describe personal responsibility in making healthy life decisions.</p> <p>2.7.2. Describe behaviors that can cause harm to personal wellness.</p> <p>2.7.3. Describe positive health behaviors regarding personal wellness, physical activity and safety.</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>2.8.1. Demonstrate how to encourage peers to make healthy behavior choices.</p> <p>2.8.2. Make a request of others to advocate to improve their personal health.</p>