

HCPSS Health Education
Level - Elementary
Grade 2 Course Indicators/Objectives

Unit - Social & Emotional Health

- Describe how bodies change and grow in childhood.
- Describe thoughts and feelings that go with growing and changing.
- Explain that people grow and change in their own ways.
- Explain why it is important to accept differences in others.
- Describe how families grow and change.
- Identify the benefits of healthy family relationships.
- Describe how their family helps them be healthy.
- Identify examples of feelings.
- Explain the relationship between feelings and behavior.
- Identify appropriate ways to express and deal with feelings.
- Demonstrate self-control strategies for dealing with strong feelings.
- Explain the importance of talking with parents and other trusted adults about feelings.
- Identify trusted adults at home who can help with feelings.
- Identify trusted adults in school and the community who can help with feelings.
- Demonstrate asking for help when they have feelings to share.
- Describe the difference between bullying and teasing.
- Describe how it feels to be bullied.
- Explain why it's wrong to bully others.
- Explain what to do if someone is being bullied.
- Explain that everyone has the right to be treated with dignity and respect .
- Identify at least two ways to treat others with respect.
- Demonstrate how to respond if someone is being treated disrespectfully.

Unit - Safety & Violence Prevention

- Demonstrate actions to stay safe around strangers.
- Describe actions that help one to stay safe around familiar people.
- Model ways to tell someone when feeling unsafe.
- Identify appropriate interactions with community helpers (e.g. nurses, teachers, police officers, and crossing guards) in roles that help children.
- Practice telling trusted adults about feelings.
- Identify words and actions that appropriately express affection/positive feelings toward trusted adults and other important people.
- Demonstrate age appropriate privacy as well as setting and respecting healthy boundaries face to-face.
- Explain how familiar people or people in authority can help or harm children.
- Demonstrate what to do when asked to keep an uncomfortable secret.
- Explain the importance of sharing all information with parents, guardians, or trusted adults.
- Identify parts of the body that are private on self or others.
- Explain that it is never a person's fault if someone causes them to feel unsafe.

Unit - Injury Prevention

- Identify ways to reduce the risk of injuries from firearms, falls, when riding in a car, bus, and on a bike, a skateboard, a scooter, and/or inline skates.
- Summarize how products can be harmful if inhaled, absorbed, or ingested.
- Identify alcohol, nicotine and electronic smoking devices.
- Identify family and school rules about alcohol, nicotine use, and electronic smoking devices.
- Describe the harmful effects of using medicine incorrectly.
- Identify rules for using medicine safely.
- Identify ways to reduce injuries from fires.
- Identify ways to reduce injuries from fires.
- Explain what to do in an emergency.
- Demonstrate healthy practices and behaviors to maintain or improve personal health.

Unit - Personal Health & Disease Prevention

- Identify personal health care practices.
- Explain how to protect one's skin and other parts of the body from the sun.
- Describe why sleep and rest are important for proper growth and good health.
- Explain the benefits of trying new foods and respecting the food choices of others.
- Describe eating patterns that provide energy and help the body grow and develop.
- Describe how eating breakfast helps a person think, work, and play.
- Explain the importance of choosing nutritious foods and beverages from different food groups.
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- Describe the concept of moderation and the idea that "all foods fit."
- Describe the benefits of drinking water versus other beverages.
- Identify basic universal precautions.
- Identify food safety strategies that can control germs that cause foodborne illness.
- Explain why hygiene is important to health.