HCPSS Health Education
Level - Elementary
Grade 1 Course Indicators/Objectives

Unit - Social & Emotional Health
- Identify appropriate ways to express and deal with feelings.
- Explain the relationship between feelings and behavior.
- Explain the importance of talking with family and other trusted adults about feelings.
- Identify the benefits of healthy family relationships.
- Identify the benefits of healthy peer relationships.
- Describe differences in families.
- Identify the benefits of healthy family relationships.
- Identify how family influences personal health
- Describe at least three characteristics of a friend.
- Identify at least two healthy ways for friends to express feelings with each other.
- Identify why it is hurtful to tease or bully others.
- Identify ways to treat people with dignity and respect.
- Define the terms "bullying" and "teasing."
- Describe at least two differences between bullying and teasing.
- Provide at least two reasons why bullying and teasing are wrong to do.
- Demonstrate how to respond effectively if they are being bullied.
- Name at least 2 adults they can go to if they are being bullied in order to make it stop.

Unit - Safety & Violence Prevention
- Practice actions that help one to stay safe around people .
- Identify and access adults who can help children.
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- Explain the importance of sharing all information with parents/guardians/trusted adults.
- Explain that it is never a person's fault if someone causes them to feel unsafe.
- Demonstrate refusal skills and other ways to take action if someone is making you feel uncomfortable, unsafe, or disrespected.
- Analyze age-appropriate privacy as well as setting and respecting healthy boundaries online and face to-face.
- Explain that everyone has the right to tell others not to touch their body when they do not want to be touched and to have those boundaries respected by others.
- Identify parts of the body that are private on self or others.
- Identify and access adults who can help children.
- Analyze age-appropriate privacy as well as setting and respecting healthy boundaries online and face to-face.
- Explain that it is never a person's fault if someone causes them to feel unsafe.
- Explain the difference between secrets and surprises.
- Identify and access adults who can help children.
- Explain that it is never a person's fault if someone causes them to feel unsafe.

Unit - Injury Prevention
- Identify safety hazards in home and community.
- Apply safety rules for preventing injuries.
- Identify safety hazards in the community (vehicle and transportation safety).

- Identify safety rules to prevent injuries.
- Identify safety hazards in the community.
- Identify rules for water and weather safety.
- Describe how products can be harmful if inhaled, absorbed, or ingested.
- Explain the harmful effects of medicine when used incorrectly.
- Describe how to use medicine safely.
- Identify rules for medicine and poison safety.
- Identify fire safety rules.
- Identify ways to reduce injuries from fire.
- Explain what to do in an emergency.

Unit - Personal Health & Disease Prevention
- Describe healthy practices and behaviors to maintain or improve personal health including brushing/flossing teeth and preventing harmful effects of the sun.
- Summarize signals that a person is hungry and full.
- Identify eating patterns (including eating breakfast) that provide energy and help the body grow, develop and perform different jobs.
- Describe the benefits of trying new foods and the importance of respecting the food choices of others.
- Identify nutritious choices from each food group.
- Identify the benefits of drinking water.
- Define the concept of moderation and the idea that "all foods fit."
- Identify why hygiene is important to health.
- Describe the importance of handwashing and covering a cough or sneeze to prevent the spread of germs.
- Identify food safety practices.
- Demonstrate a variety of behaviors that avoid or reduce health risks.