

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

Unit - Social & Emotional Health

- Explain the relationship between feelings and behavior.
- Identify appropriate ways to express and deal with feelings of sadness, fear and anger.
- Demonstrate self-control strategies for dealing with anger.
- Identify people in their lives who care about them.
- Explain the importance of talking with parents and other trusted adults about feelings.
- Demonstrate how to ask a trusted adult for help with strong feelings.
- Analyze ways families are alike and different.
- Identify the benefits of healthy family relationships.
- Identify how family influences personal health.
- Describe characteristics of a friend.
- Identify healthy ways for friends to express feelings with each other.
- Explain why it is wrong to tease or bully others.
- Explain what to do if someone is being bullied.
- Encourage peers to avoid and report hurtful teasing and bullying.
- Recognize prosocial behaviors.

Unit - Safety & Violence Prevention

- Identify the qualities of a trusted adult.
- Identify a trusted adult they can talk to if they feel unsafe.
- Recognize that individuals have personal boundaries and bodily autonomy.
- Explain actions that help one to stay safe around strangers.
- Demonstrate the ability to seek help from trusted adults.
- Identify personal information and when to share it with other people.
- Identify ways of being touched that are okay with them and not okay with them.
- Explain that they have the right to determine whether and how they are touched.
- Identify appropriate displays of affection between people and in a variety of situations including physical touch and verbal interactions.
- Demonstrate an understanding of how to respond effectively when someone touches them in a way with which they do not feel comfortable.
- Identify parts of the body that are private of self or other.s
- Recognize that individuals have personal boundaries and bodily autonomy.
- Identify appropriate displays of affection between people and in a variety of situations including physical touch and verbal interactions.
- Demonstrate the ability to seek help from trusted adults.

Unit - Injury Prevention

- Explain what to do if someone is injured or suddenly ill.
- Classify situations as emergency or non-emergency.
- Explain how to call 911.
- Identify fire safety rules.
- Identify ways to stay safe when riding in a vehicle.
- Define medicine.
- Identify rules about safe use of medicine.

- Recognize that medicine can be harmful if used incorrectly.
- Identify products that can be harmful if inhaled, absorbed, or ingested.

Unit - Personal Health & Disease Prevention

- Describe body signals that a person is hungry and full.
- Explain how food affects the body.
- Recognize that eating in regular increments helps a person's body.
- Identify the benefits of drinking water.
- Identify the benefits of trying new foods.
- Identify a variety of nutritious foods and beverages and recognize that foods are categorized into groups.
- Identify personal health care practices.
- Identify the steps for proper handwashing.
- Describe the proper steps for daily brushing and flossing teeth.