

# South Dakota Health Education Standards

## By Grade Span

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### **Pre-Kindergarten – Grade 2**

For all eight standards, the performance indicators are the specific concepts and skills that students *should know* and *be able to do* by the end of grade 2.

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#### **Health Education Standard 1**

*Students will comprehend concepts related to health promotion and disease prevention to enhance health.*

As a result of health instruction in pre-kindergarten through grade 2, students will:

- 1.2.1 Identify that healthy behaviors affect personal health.
- 1.2.2 Identify the multiple dimensions of health.
- 1.2.3 Describe ways to prevent communicable diseases.
- 1.2.4 List ways to prevent common childhood injuries.
- 1.2.5 Describe why it is important to seek health care.

#### **Health Education Standard 2**

*Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.*

As a result of health instruction in pre-kindergarten through grade 2, students will:

- 2.2.1 Identify how the family influences personal health practices and behaviors.
- 2.2.2 Identify what the school can do to support personal health practices and behaviors.
- 2.2.3 Describe how the media can influence health behaviors.

#### **Health Education Standard 3**

*Students will demonstrate the ability to access valid information, products and services to enhance health.*

As a result of health instruction in pre-kindergarten through grade 2, students will:

- 3.2.1 Identify trusted adults and professionals who can help promote health.
- 3.2.2 Identify ways to locate school and community health helpers.
- 3.2.3 Explain the type of help provided by school and community health helpers.

## **Health Education Standard 4**

*Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.*

As a result of health instruction in pre-kindergarten through grade 2, students will:

- 4.2.1 Demonstrate healthy ways to express needs, wants, and feelings.
- 4.2.2 Demonstrate listening skills to enhance health.
- 4.2.3 Demonstrate ways to respond to an unwanted, threatening or dangerous situation.
- 4.2.4 Demonstrate ways to tell a trusted adult if threatening or harmful behaviors affect self or others.

## **Health Education Standard 5**

*Students will demonstrate the ability to use decision-making skills to enhance health.*

As a result of health instruction in pre-kindergarten through grade 2, students will:

- 5.2.1 Identify situations when a health-related decision is needed.
- 5.2.2 Differentiate between situations when a health-related decision can be made independently or when assistance is needed.
- 5.2.3 Describe potential consequences of health related decisions.

## **Health Education Standard 6**

*Students will demonstrate the ability to use goal-setting skills to enhance health.*

As a result of health instruction in pre-kindergarten through grade 2, students will:

- 6.2.1 Identify a short-term personal health goal and take action toward achieving the goal.
- 6.2.2 Identify who can help when assistance is needed to achieve a personal health goal.

## **Health Education Standard 7**

*Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.*

As a result of health instruction in pre-kindergarten through grade 2, students will:

- 7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.
- 7.2.2 Demonstrate behaviors that avoid or reduce health risks.

## **Health Education Standard 8**

*Students will demonstrate the ability to advocate for personal, family and community health.*

As a result of health instruction in pre-kindergarten through grade 2, students will:

- 8.2.1 Make requests to promote personal health.
- 8.2.2 Encourage others to make positive health choices.