



National Health Education Standards

The activities in *Healthy Habits for Healthy Kids* (Grades 1–2) meet the following National Health Education Standards. For more information about these standards, go to <http://www.cdc.gov/healthyyouth/sher/standards/index.htm>

Standard 1. Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 1.2.1 Identify that healthy behaviors impact personal health.

Standard 1.2.2 Recognize that there are multiple dimensions of health.

Standard 1.2.3 Describe ways to prevent communicable diseases.

Standard 1.2.4 List ways to prevent common childhood injuries.

Standard 1.2.5 Describe why it is important to seek health care.

Standard 4. Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Standard 4.2.2 Demonstrate listening skills to enhance health.

Standard 4.2.3 Demonstrate ways to respond when in an unwanted, threatening or dangerous situation.

Standard 6. Students will demonstrate the ability to use goal-setting skills to enhance health.

Standard 6.2.1 Identify a short-term personal health goal and take action toward achieving the goal.

Standard 6.2.2 Identify who can help when assistance is needed to achieve a personal health goal.

Standard 7. Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Standard 7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.

Standard 7.2.2 Demonstrate behaviors that avoid or reduce health risks.

Standard 8. Students will demonstrate the ability to advocate for personal, family, and community health.

Standard 8.2.2 Encourage peers to make positive health choices.