

Grades K–2 • Healthy Behavior Outcomes

MENTAL & EMOTIONAL HEALTH	LESSONS		
<u>Healthy Behavior Outcome</u>	<u>Grade K</u>	<u>Grade 1</u>	<u>Grade 2</u>
MEH-1 Express feelings in a healthy way.	2	4	3, 4
MEH-2 Engage in activities that are mentally and emotionally healthy.	1		2, 20
MEH-3 Manage interpersonal conflict in healthy ways.	Covered in 3–5, Middle and High School		
MEH-4 Prevent and manage emotional stress and anxiety in healthy ways	Covered in 3–5, Middle and High School		
MEH-5 Use self-control and impulse-control strategies to promote health.	2		3
MEH-6 Get help for troublesome thoughts, feelings, or actions for oneself and others.	3	4	3, 4
MEH-7 Show acceptance of differences in others.	1, 11	2	1, 2
MEH-8 Establish and maintain healthy relationships.	3	1, 2, 3	1
MEH-9 Practice habits that promote mental and emotional well-being.	1, 2, 3	3, 4	1, 3, 4

PERSONAL HEALTH & WELLNESS	LESSONS		
<u>Healthy Behavior Outcome</u>	<u>Grade K</u>	<u>Grade 1</u>	<u>Grade 2</u>
PHW-1 Practice appropriate hygiene habits.	5, 6	5, 6	5, 7, 8
PHW-2 Get an appropriate amount of sleep and rest.		8	7, 8
PHW-3 Prevent vision and hearing loss.			7, 8
PHW-4 Prevent damage from the sun.		7	7, 8
PHW-5 Practice behaviors that prevent infectious diseases.	4, 6	5	5
PHW-6 Practice behaviors that prevent chronic diseases.	4		
PHW-7 Practice behaviors that promote mental and emotional well-being.	1, 2, 3	3, 4	1, 3, 4
PHW-8 Practice behaviors that prevent food-borne and water-borne illnesses.			5
PHW-9 Prevent serious health problems that result from common chronic diseases and conditions, such as allergies, asthma, diabetes, epilepsy.	Covered in 3–5 and High School		
PHW-10 Use health care services to address common infectious diseases and manage chronic diseases and conditions.	7, 9		6
PHW-11 Seek out health care professionals for appropriate screenings and examinations.	Covered in 3–5, Middle and High School		
PHW-12 Prevent health problems that result from fads or trends.	Covered in Middle and High School		

SAFETY/INJURY PREVENTION	LESSONS		
<u>Healthy Behavior Outcome</u>	<u>Grade K</u>	<u>Grade 1</u>	<u>Grade 2</u>
S-1 Follow appropriate safety rules when riding in or on a motor vehicle.	15	12, 13	10
S-2 Avoid driving a motor vehicle while under the influence of alcohol or other drugs.	Covered in High School		
Avoid riding in a motor vehicle driven by someone under the influence of alcohol or other drugs.	Covered in Middle and High School		
S-3 Use safety equipment appropriately and correctly.	15	12	10, 12
S-4 Apply safety rules and procedures to avoid risky behaviors and injury.	12, 13, 14, 16, 17, 20	10, 11, 14, 15, 16, 19	9, 10, 11, 12, 13
S-5 Avoid safety hazards in the home and community.	12, 13, 14, 16, 17, 20	9, 10, 11, 13, 15, 16	9, 11, 12, 13
S-6 Recognize and avoid dangerous surroundings.	10, 12, 13, 14, 20	9, 10, 11	9, 11, 13
S-7 Get help for oneself or others when injured or suddenly ill.	8, 9, 10, 18, 19	17	
S-8 Support others to avoid risky behaviors and be safe.		19	

VIOLENCE PREVENTION	LESSONS		
<u>Healthy Behavior Outcome</u>	<u>Grade K</u>	<u>Grade 1</u>	<u>Grade 2</u>
V-1 Manage interpersonal conflict in nonviolent ways.	Covered in 3–5, Middle and High School		
V-2 Manage emotional distress in nonviolent ways.	2		3
V-3 Avoid bullying or being a bystander to bullying.	11	18	14, 15
V-4 Avoid engaging in violence.	Covered in 3–5, Middle and High School		
V-5 Avoid situations where violence is likely to occur.		11	
V-6 Avoid associating with others who are involved in or who encourage violence or criminal activity.	Covered in 3–5, Middle and High School		
V-7 Get help to prevent or stop violence including harassment, abuse, bullying, hazing, fighting, and hate crimes.	11	18	14, 15
V-8 Get help to prevent or stop unwanted or inappropriate touching.	10	20 (District currently uses Second Step)	
V-9 Get help to stop being subjected to violence or physical abuse.	11	18, 20	14, 15
V-10 Get help for oneself or others who are in danger of hurting themselves.	Covered in 3–5, Middle and High School		

FOOD & NUTRITION	LESSONS		
<u>Healthy Behavior Outcome</u>	<u>Grade K</u>	<u>Grade 1</u>	<u>Grade 2</u>
FN-1 Follow a healthy eating pattern that meets individual preferences and needs for growth and development.	21, 22	21, 23	17
FN-2 Choose a variety of options within each food group.	21, 22		
FN-3 Eat lots of fruits and vegetables.			17, 18, 19
FN-4 Choose to eat whole-grain products.		21	17
FN-5 Choose to eat or drink fat-free or low-fat dairy or fortified dairy alternatives.			17
FN-6 Drink lots of water.	23	22, 23	16
FN-7 Avoid sugary drinks.		22	16
FN-8 Limit foods high in added sugars, saturated fats, trans fats, and sodium.		21	17
FN-9 Choose to eat or drink nutrient-dense foods or beverages when dining.	Covered in 3–5, Middle and High School		
FN-10 Prepare good-tasting, nutrient-dense foods for yourself and others.	Covered in 3–5, Middle and High School		
FN-11 Choose and enjoy nutrient-dense foods and beverages that reflect personal preferences, culture, and budget.	22	21, 23	18, 19
FN-12 Support healthy eating patterns for others.		22	16

Physical Activity	Lessons		
<u>Healthy Behavior Outcome</u>	<u>Grade K</u>	<u>Grade 1</u>	<u>Grade 2</u>
PA-1 Engage in moderate to vigorous physical activity for at least 60 minutes every day.	24, 25	24, 25	20, 21
PA-2 Regularly engage in physical activities that enhance cardiorespiratory endurance, flexibility, muscle endurance, and muscle strength.	24, 25	25	21, 22
PA-3 Engage in warm-up and cool-down activities before and after structured exercise.	Covered in 3–5, Middle and High School		
PA-4 Drink plenty of water before, during, and after physical activity.	23	22	16
PA-5 Follow a physical activity plan for healthy growth and development.			21, 22
PA-6 Avoid injury during physical activity.			12, 13
PA-7 Support others to be physically active.	25		20

ALCOHOL & OTHER DRUGS	LESSONS		
<u>Healthy Behavior Outcome</u>	<u>Grade K</u>	<u>Grade 1</u>	<u>Grade 2</u>
AOD-1 Use prescription and over-the-counter medications correctly.	7		6
AOD-2 Avoid misuse and abuse of OTC and prescription drugs.	16		6
AOD-3 Avoid the use of alcohol.	Covered in 3–5, Middle and High School		
AOD-4 Avoid the use of illegal drugs.	Covered in Middle and High School		
AOD-5 Avoid driving while under the influence of alcohol and other drugs.	Covered in High School		
AOD-6 Avoid riding in a motor vehicle with a driver who is under the influence of alcohol or other drugs.	Covered in Middle and High School		
AOD-7 Quit using alcohol and other drugs if already using.	Covered in High School		
AOD-8 Support others to be alcohol and other drug free.	Covered in 3–5, Middle and High School		

TOBACCO	LESSONS		
<u>Healthy Behavior Outcome</u>	<u>Grade K</u>	<u>Grade 1</u>	<u>Grade 2</u>
T-1 Avoid using (or experimenting with) any form of tobacco.	26, 27, 28	26, 27	23, 24, 25, 26
T-2 Avoid exposure to secondhand smoke and aerosol.	26, 28, 29	26, 27	23, 24, 25
T-3 Support a tobacco-free environment.	29	28, 29	26
T-4 Support others to be tobacco free.	28, 30	28, 29	23, 26
T-5 Quit using tobacco if already using.	Covered in High School		

SEXUAL HEALTH	LESSONS		
<u>Healthy Behavior Outcome</u>	<u>Grade K</u>	<u>Grade 1</u>	<u>Grade 2</u>
SH-1 Recognize developmental changes experienced by self and others during childhood and adolescence.	Covered in Grades 4, 5 and Middle School (District currently uses: Elementary Maturation Program)		
SH-2 Establish and maintain healthy relationships.	3	1, 2, 3	1
SH-3 Treat all people with dignity and respect with regard to their gender identity and sexual orientation.	Covered in Grade 5, Middle and High School		
SH-4 Give and receive consent in all situations.	Covered in Middle and High School		
SH-5 Be sexually abstinent.	Covered in Grade 5, Middle and High School		

SH-6 Engage in behaviors that prevent or reduce sexually transmitted infections (STIs), including HIV.	Covered in Middle and High School
SH-7 Engage in behaviors that prevent or reduce unintended pregnancy.	Covered in Middle and High School
SH-8 Support others to avoid or reduce sexual risk behaviors.	Covered in Middle and High School
SH-9 Avoid pressuring others to engage in sexual behaviors.	Covered in Middle and High School
SH-10 Use appropriate health services to promote sexual and reproductive health.	Covered in Middle and High School
Progress through puberty in a healthy way.	Covered in Grades 4, 5 and Middle School (District currently uses: Elementary Maturation Program)

Grades 3–5 • Healthy Behavior Outcomes

MENTAL & EMOTIONAL HEALTH	LESSONS		
<u>Healthy Behavior Outcome</u>	<u>Grade 3</u>	<u>Grade 4</u>	<u>Grade 5</u>
MEH-1 Express feelings in a healthy way.	1, 2	4, 5, 6	1, 3
MEH-2 Engage in activities that are mentally and emotionally healthy.	1, 5		1
MEH-3 Manage interpersonal conflict in healthy ways.		14, 15	
MEH-4 Prevent and manage emotional stress and anxiety in healthy ways.	2	1, 2, 3	
MEH-5 Use self-control and impulse-control strategies to promote health.	2	5	
MEH-6 Get help for troublesome thoughts, feelings, or actions for oneself and others.	2	4, 6	13
MEH-7 Show acceptance of differences in others.	5		36
MEH-8 Establish and maintain healthy relationships.	1, 3, 4, 5		2, 3
MEH-9 Practice habits that promote mental and emotional well-being.	4	3, 5, 6	3

PERSONAL HEALTH & WELLNESS	LESSONS		
<u>Healthy Behavior Outcome</u>	<u>Grade 3</u>	<u>Grade 4</u>	<u>Grade 5</u>
PHW-1 Practice appropriate hygiene habits.	6	7, 9	
PHW-2 Get an appropriate amount of sleep and rest.		7, 9	
PHW-3 Prevent vision and hearing loss.		8, 9	
PHW-4 Prevent damage from the sun.		7, 9	
PHW-5 Practice behaviors that prevent infectious diseases.	6, 7	7, 9	6
PHW-6 Practice behaviors that prevent chronic diseases.			5, 6

PHW-7 Practice behaviors that promote mental and emotional well-being.	4	3, 5, 6	3
PHW-8 Practice behaviors that prevent food-borne and water-borne illnesses.	Covered in Middle and High School		
PHW-9 Prevent serious health problems that result from common chronic diseases and conditions, such as allergies, asthma, diabetes, epilepsy.			5
PHW-10 Use health care services to address common infectious diseases and manage chronic diseases and conditions.	6, 7, 8		4
PHW-11 Seek out health care professionals for appropriate screenings and examinations.			4
PHW-12 Prevent health problems that result from fads or trends.	Covered in Middle and High School		

SAFETY/INJURY PREVENTION	LESSONS		
<u>Healthy Behavior Outcome</u>	<u>Grade 3</u>	<u>Grade 4</u>	<u>Grade 5</u>
S-1 Follow appropriate safety rules when riding in or on a motor vehicle.	9, 10, 11, 12		
S-2 Avoid driving a motor vehicle while under the influence of alcohol or other drugs.	Covered in High School		
Avoid riding in a motor vehicle driven by someone under the influence of alcohol or other drugs.	Covered in Middle and High School		
S-3 Use safety equipment appropriately and correctly.	9, 10, 11, 12	10, 11, 12	
S-4 Apply safety rules and procedures to avoid risky behaviors and injury.	9, 10, 11, 12, 13	10, 11, 12, 13	
S-5 Avoid safety hazards in the home and community.	9, 10, 11, 12	10, 11, 12, 13	
S-6 Recognize and avoid dangerous surroundings.	13	10, 11, 12, 13	
S-7 Get help for oneself or others when injured or suddenly ill.			
S-8 Support others to avoid risky behaviors and be safe.	11		

VIOLENCE PREVENTION	LESSONS		
<u>Healthy Behavior Outcome</u>	<u>Grade 3</u>	<u>Grade 4</u>	<u>Grade 5</u>
V-1 Manage interpersonal conflict in nonviolent ways.		14, 15	12
V-2 Manage emotional distress in nonviolent ways.		5	
V-3 Avoid bullying or being a bystander to bullying.	14, 15		7, 8, 9, 15
V-4 Avoid engaging in violence.			10, 11, 12, 14, 15
V-5 Avoid situations where violence is likely to occur.			10, 11, 12

V-6 Avoid associating with others who are involved in or who encourage violence or criminal activity.			10, 11
V-7 Get help to prevent or stop violence including harassment, abuse, bullying, hazing, fighting, and hate crimes.	15		7, 8, 9, 12
V-8 Get help to prevent or stop unwanted or inappropriate touching.	16 (District currently uses Second Step)		
V-9 Get help to stop being subjected to violence or physical abuse.	15, 16		7, 8, 9
V-10 Get help for oneself or others who are in danger of hurting themselves.			13

FOOD & NUTRITION	LESSONS		
<u>Healthy Behavior Outcome</u>	<u>Grade 3</u>	<u>Grade 4</u>	<u>Grade 5</u>
FN-1 Follow a healthy eating pattern that meets individual preferences and needs for growth and development.	17, 19, 22	16, 17, 19	16, 17, 18, 22, 23
FN-2 Choose a variety of options within each food group.	21	16, 17, 19	16, 17
FN-3 Eat lots of fruits and vegetables.	19, 20	17	16
FN-4 Choose to eat whole-grain products.	19		16
FN-5 Choose to eat or drink fat-free or low-fat dairy or fortified dairy alternatives.	19		16
FN-6 Drink lots of water.	18		18, 19
FN-7 Avoid sugary drinks.	18		18, 19
FN-8 Limit foods high in added sugars, saturated fats, trans fats, and sodium.	17, 19		16, 18, 19
FN-9 Choose to eat or drink nutrient-dense foods and beverages when dining.			19
FN-10 Prepare good-tasting, nutrient-dense foods for yourself and others.	22	19	22, 23
FN-11 Choose and enjoy nutrient-dense foods and beverages that reflect personal preferences, culture, and budget.	17, 21, 22	19	19, 22, 23
FN-12 Support healthy eating patterns for others.			23

Physical Activity	Lessons		
<u>Healthy Behavior Outcome</u>	<u>Grade 3</u>	<u>Grade 4</u>	<u>Grade 5</u>
PA-1 Engage in moderate to vigorous physical activity for at least 60 minutes every day.	23	18, 19	20, 21

PA-2 Regularly engage in physical activities that enhance cardiorespiratory endurance, flexibility, muscle endurance, and muscle strength.	23	18, 19	20, 21
PA-3 Engage in warm-up and cool-down activities before and after structured exercise.			20
PA-4 Drink plenty of water before, during, and after physical activity.	18		
PA-5 Follow a physical activity plan for healthy growth and development.	24	19	22, 23
PA-6 Avoid injury during physical activity.		11, 12	
PA-7 Support others to be physically active.			23

ALCOHOL & OTHER DRUGS	LESSONS		
<u>Healthy Behavior Outcome</u>	<u>Grade 3</u>	<u>Grade 4</u>	<u>Grade 5</u>
AOD-1 Use prescription and over-the-counter medications correctly.	8		
AOD-2 Avoid misuse and abuse of OTC and prescription drugs.	8		
AOD-3 Avoid the use of alcohol.	25, 26, 27, 28, 29	20, 21, 22, 23	24, 25, 26, 27, 28, 29, 30, 31
AOD-4 Avoid the use of illegal drugs.	Covered in Middle and High School		
AOD-5 Avoid driving while under the influence of alcohol and other drugs.	Covered in High School		
AOD-6 Avoid riding in a motor vehicle with a driver who is under the influence of alcohol or other drugs.			31
	Covered in Middle & High School		
AOD-7 Quit using alcohol and other drugs if already using.	Covered in High School		
AOD-8 Support others to be alcohol and other drug free.	29	20, 24	26, 27, 30

TOBACCO	LESSONS		
<u>Healthy Behavior Outcome</u>	<u>Grade 3</u>	<u>Grade 4</u>	<u>Grade 5</u>
T-1 Avoid using (or experimenting with) any form of tobacco.	25, 26, 27, 28, 29	20, 21, 22, 23	
T-2 Avoid exposure to secondhand smoke and aerosol.	25		
T-3 Support a tobacco-free environment.		24	
T-4 Support others to be tobacco free.	29	20, 24	
T-5 Quit using tobacco if already using.	Covered in High School		

SEXUAL HEALTH	LESSONS		
<u>Healthy Behavior Outcome</u>	<u>Grade 3</u>	<u>Grade 4</u>	<u>Grade 5</u>
SH-1 Recognize developmental changes experienced by self and others during childhood and adolescence.		25, 26 (District currently uses: Elementary Maturation Program)	32, 33, 34, 35
SH-2 Establish and maintain healthy relationships.	1, 3, 4, 5		2, 3
SH-3 Treat all people with dignity and respect with regard to their gender identity and sexual orientation.			36
SH-4 Give and receive consent in all situations.	Covered in Middle and High School		
SH-5 Be sexually abstinent.			32, 33, 37, 38 (District currently uses: Elementary Maturation Program)
SH-6 Engage in behaviors that prevent or reduce sexually transmitted infections (STIs), including HIV.	Covered in Middle and High School		
SH-7 Engage in behaviors that prevent or reduce unintended pregnancy.	Covered in Middle and High School		
SH-8 Support others to avoid or reduce sexual risk behaviors.	Covered in Middle and High School		
SH-9 Avoid pressuring others to engage in sexual behaviors.	Covered in Middle and High School		
SH-10 Use appropriate health services to promote sexual and reproductive health.			38 (District currently uses: Elementary Maturation Program)
Progress through puberty in a healthy way.		25, 26, (District currently uses: Elementary Maturation Program) 27, 28	32, 33, 34, 35 (District currently uses: Elementary Maturation Program)