



**Standard:**

**1. Knows the availability and effective use of health services, products and information**

**Benchmarks:**

- Knows community health service providers and their roles (e.g., paramedics, dentist, KUSD support staff)

**Standard:**

**2. Knows environmental and external factors that affect individual and community health**

**Benchmarks:**

- Knows ways to reduce, reuse and recycle at home, in school and in the community

**Standard:**

**5. Knows essential concepts and practices concerning injury, prevention and safety**

**Benchmarks:**

- Knows basic fire, traffic, water and recreation safety practices (e.g., "stop, drop and roll", helmets, crossing street, stop and go lights, and swimming)
- Recognizes emergencies and responds appropriately (e.g., uses a telephone appropriately to obtain help by calling 911)
- Knows how to get help if feeling unsafe (e.g., stranger danger, good touch/bad touch)
- Knows safety rules and practices to be used in home, school and community settings (e.g., using a seat belt or helmet, protecting ears from exposure to excessive noise)

**Standard:**

**6. Understands essential concepts about nutrition and diet**

**Benchmarks:**

- Knows healthy eating practices (e.g., avoid foods which cause allergic reactions)

Grade: K



**Health**

**Standard:**

**7. Knows how to maintain and promote personal health**

**Benchmarks:**

- Knows basic personal hygiene habits required to maintain health (e.g., teeth and gums)



**Standard:**

**1. Knows the availability and effective use of health services, products and information**

**Benchmarks:**

- Knows community health service providers and their roles (e.g., nurses, physicians, environmental/sanitation services)

**Standard:**

**3. Understands the relationship of family health to individual health**

**Benchmarks:**

- Knows the roles of family members, including the extended family, in supporting and promoting the health of children

**Standard:**

**4. Knows how to maintain mental and emotional health**

**Benchmarks:**

- Identifies and shares feelings in appropriate ways
- Knows behaviors that communicate care, consideration and respect of self and others; including those with disabilities or handicapping conditions (e.g., sharing, manners)

**Standard:**

**5. Knows essential concepts and practices concerning injury, prevention and safety**

**Benchmarks:**

- Recognizes emergencies and responds appropriately (e.g., knows how to treat simple injuries such as scratches, cuts, bruises and simple first-degree burns)
- Knows safety rules and practices to be used in home, school and community settings (e.g., family emergency plan)



**Standard:**

**6. Understands essential concepts about nutrition and diet**

**Benchmarks:**

- Classifies foods according to the food pyramid (e.g., bread, cereal, rice and pasta; vegetable; fruit; milk, yogurt and cheese; meat, dry beans, fish, poultry, eggs and nuts; extras)

**Standard:**

**7. Knows how to maintain and promote personal health**

**Benchmarks:**

- Knows basic personal hygiene habits required to maintain health (e.g., care of eyes, ears, nose)
- Understands that rest, food choices, exercise and sleep are required for good health

**Standard:**

**8. Knows essential concepts about the prevention and control of disease**

**Benchmarks:**

- Knows the signs and symptoms of common illnesses (e.g., fever, rashes, coughs, congestion, wheezing)
- Knows how to prevent the spread of common illnesses (e.g., cover a cough or sneeze, dispose of Kleenex, wash hands, not everything is for sharing)

**Standard:**

**10. Understands the fundamental concepts of growth and development**

**Benchmarks:**

- Understands individual differences (in terms of appearance, behavior)
- Knows the cycle of growth and development in humans from infancy to old age



**Standard:**

**2. Knows environmental and external factors that affect individual and community health**

**Benchmarks:**

- Knows sources, causes and ways to control pollution (e.g., air, ground noise, water, food) in the community

**Standard:**

**3. Understands the relationship of family health to individual health**

**Benchmarks:**

- Understands that each family member has a responsibility to that family
- Understands that each family member or caring adult has a significance in one's life
- Knows effective strategies to cope with change that may occur in families (e.g., pregnancy, birth, marriage, divorce, relocation, unemployment, death)

**Standard:**

**4. Knows how to maintain mental and emotional health**

**Benchmarks:**

- Understands how peer relations affect mental and emotional health (e.g., name calling)

**Standard:**

**5. Knows essential concepts and practices concerning injury, prevention and safety**

**Benchmarks:**

- Knows precautions that should be taken in special conditions (e.g., bad weather, seasonal hazards, Halloween, darkness, staying home alone, being approached by strangers, avoiding conflicts, not walking home alone)
- Recognizes emergencies and responds appropriately (e.g., uses a telephone appropriately to obtain help by calling 911; identifies and obtains help from police officers, fire fighters and medical personnel; knows how to treat simple injuries such as scratches, cuts, bruises and simple first-degree burns)



- Knows how to seek assistance if worried, abused or threatened (e.g., physically, emotionally, sexually), including how to tell a trusted adult if uncomfortable touching occurs
- Knows safety rules and practices to be used in home, school and community settings (e.g., sport safety such as wearing appropriate clothing, protective equipment, using sun screen or a hat in bright sunlight)

**Standard:**

**6. Understands essential concepts about nutrition and diet**

**Benchmarks:**

- Classifies foods according to the food pyramid including fats and sugars
- Knows health eating practices (e.g., knows healthy meals)

**Standard:**

**7. Knows how to maintain and promote personal health**

**Benchmarks:**

- Knows basic personal hygiene habits required to maintain health (e.g., skin, hair, nails)

**Standard:**

**8. Knows essential concepts about the prevention and control of disease**

**Benchmarks:**

- Understands the taking of prescriptions or over the counter medicines properly

**Standard:**

**9. Understands aspects of substance use and abuse**

**Benchmarks:**

- Distinguishes between helpful and harmful substances
- Knows ways to say no to harmful substances



**Standard:**

**1. Knows the availability and effective use of health services, products and information**

**Benchmarks:**

- Knows various community agencies that provide health services for individual and family needs

**Standard:**

**2. Knows environmental and external factors that affect individual and community health**

**Benchmarks:**

- Knows how the environment can impact personal health (e.g., the effects of exposure to pollutants)
- Knows how individuals and communities cooperate to control environmental problems and maintain a healthy environment

**Standard:**

**3. Understands the relationship of family health to individual health**

**Benchmarks:**

- Knows characteristics needed to be a responsible friend and family member (e.g., participating in family activities, assuming more responsibility for household tasks)

**Standard:**

**4. Knows how to maintain mental and emotional health**

**Benchmarks:**

- Knows the relationship between physical health and mental health
- Knows common sources of stress for children and ways to manage stress (e.g., talk with family members, school resources)



**Standard:**

**5. Knows essential concepts and practices concerning injury, prevention and safety**

**Benchmarks:**

- Knows ways to recognize and avoid threatening situations (e.g., don't talk to strangers) and ways to get assistance
- Knows basic first aid procedures appropriate to common emergencies in home, school and community (e.g., when to call 911 when encountering breathing and choking problems, bleeding, shock, poisonings, minor burns; universal precautions to be taken when dealing with other people's blood)

**Standard:**

**6. Understands essential concepts about nutrition and diet**

**Benchmarks:**

- Knows the nutritional value of different foods (e.g., that foods contain vitamins, minerals)

**Standard:**

**7. Knows how to maintain and promote personal health**

**Benchmarks:**

- Understands common health problems and why these problems should be detected and treated early
- Knows behaviors that are safe, risky or harmful to self and others



**Standard:**

**1. Knows the availability and effective use of health services, products and information**

**Benchmarks:**

- Knows a variety of valid health resources, products and services (e.g., over the counter medicine, personal health items such as deodorant, floss)

**Standard:**

**2. Knows environmental and external factors that affect individual and community health**

**Benchmarks:**

- Knows how individuals, communities and states cooperate to control environmental problems and maintain a healthy environment

**Standard:**

**3. Understands the relationship of family health to individual health**

**Benchmarks:**

- Knows how the family positively influences the health of individuals (e.g., physical, social, emotional)

**Standard:**

**4. Knows how to maintain mental and emotional health**

**Benchmarks:**

- Knows how peer relationships affect mental and emotional health (e.g., prejudice)
- Knows how mood changes and strong feelings can affect thoughts and behavior and how they can be managed successfully
- Understands how one responds to the behavior of others and how one's behavior may evoke responses in others
- Knows how attentive listening skills can be used to build and maintain healthy relationships



**Standard:**

**5. Knows essential concepts and practices concerning injury, prevention and safety**

**Benchmarks:**

- Knows some non-violent strategies to resolve conflict

**Standard:**

**6. Understands essential concepts about nutrition and diet**

**Benchmarks:**

- Understands how food-preparation methods and food-handling practices affect the safety and nutrient quality of foods

**Standard:**

**7. Knows how to maintain and promote personal health**

**Benchmarks:**

- Understands the influence of personal choices on an individual's well-being in the areas of relaxation, food, exercise, proper rest and recreation
- Understands resources that can assist in health-related decisions and setting health goals (e.g., videos, books and knowledgeable people)

**Standard:**

**8. Knows essential concepts about the prevention and control of disease**

**Benchmarks:**

- Understands the benefits of early detection and treatment of disease



**Standard:**

**10. Understands the fundamental concepts of growth and development**

**Benchmarks:**

- Knows the changes that occur during puberty (e.g., physical changes such as sexual maturation, changes in voice, acne; emotional and social changes such as a growing sensitivity to peer influence, family tensions, mood swings; cognitive and intellectual development)
- Understands that the rate of change during puberty varies with each individual and that people vary widely in size, height, shape and rate of maturation



**Standard:**

**1. Knows the availability and effective use of health services, products and information**

**Benchmarks:**

- Knows a variety of consumer influences and how those influences affect decisions regarding valid health resources, products and services (e.g., advertising, information from school and family, peer pressure)

**Standard:**

**3. Understands the relationship of family health to individual health**

**Benchmarks:**

- Knows how health-related problems impact the whole family

**Standard:**

**4. Knows how to maintain mental and emotional health**

**Benchmarks:**

- Knows strategies and techniques for existing negative peer pressure

**Standard:**

**6. Understands essential concepts about nutrition and diet**

**Benchmarks:**

- Knows factors that influence food choices (e.g., allergies, activity level, peers, culture, religion, advertising, time, age, health, money/economics, convenience, environment, status, personal experience, eating disorders)

**Standard:**

**8. Knows essential concepts about the prevention and control of disease**

**Benchmarks:**

- Knows ways in which a person can prevent or reduce the risk of common and disabling disease (e.g., practicing good personal hygiene, making healthy food choices, acknowledging the importance of immunizations, cooperating in regular health screenings)



- Knows ways to maintain a functional level of health in the presence of common and disabling diseases (e.g., cooperating with parents and health care providers, understanding the proper taking of prescriptions or over-the-counter medicines)

**Standard:**

**9. Understands aspects of substance use and abuse**

**Benchmarks:**

- Differentiates between the misuse and abuse of prescription drugs
- Understands the influences that promote alcohol, tobacco and other drug use (e.g., peer pressure, peer and adult modeling, media, overall availability, cost)
- Recognized high-risk substance abuse situations that pose an immediate threat to oneself or one's friends or family (e.g., driving under the influence of alcohol or other drugs, violent arguments) as well as how and where to obtain help
- Knows ways to avoid, recognize and respond to negative social influences and pressure to use alcohol, tobacco or other drugs (e.g., refusal skills, self-control)

**Standard:****1. Knows the availability and effective use of health services, products and information****Benchmarks:**

- Knows of the various health products and services and how they vary
- Knows the types and locations of community health information, products and services that are available to help adolescents and their families

**Standard:****2. Knows environmental and external factors that affect individual and community health****Benchmarks:**

- Knows cultural and socioeconomic factors within a community that influence the health of its members (e.g., relationship of values, socioeconomic status and cultural experiences to the selection of health care services)
- Understands how various messages from the media, from technology and from other factors impact health practices (e.g., health fads, advertising, body image, misconceptions about treatment and prevention options)

**Standard:****3. Understands the relationship of family health to individual health****Benchmarks:**

- Understands how the behavior of family and peers contributes to a person's physical, mental, emotional and social health
- Understands adolescent development and changes
- Knows how communication techniques can improve family life (e.g., talking openly and honestly with parents when problems arise)
- Understands the responsibilities inherent in dating relationships



**Standard:**

**4. Knows how to maintain mental and emotional health**

**Benchmarks:**

- Knows strategies to manage stress and feelings caused by disappointment, separation or loss (e.g., talking over problems with others, understanding that feelings of isolation and depression can be overcome, examining the situation leading to the feelings)
- Knows characteristics and conditions associated with positive self-esteem
- Understands appropriate ways to build and maintain positive relationships with peers, parents and other adults (e.g., positive ways to resist peer pressure, family activities)

**Standard:**

**5. Knows essential concepts and practices concerning injury, prevention and safety**

**Benchmarks:**

- Knows injury prevention strategies for family health (e.g., having a personal and family emergency plan, including maintaining supplies in readiness for emergencies; identifying and removing safety hazards in the home)
- Understands strategies for managing a range of situations involving injury (e.g., first aid procedures, abdominal thrust maneuver, cardiopulmonary resuscitation)

**Standard:**

**6. Understands essential concepts about nutrition and diet**

**Benchmarks:**

- Understands how eating properly can help to reduce health risks (in terms of anemia, dental health, osteoporosis, heart disease, cancer, malnutrition, anorexia, bulimia, obesity)
- Understands the appropriate methods to maintain, lose or gain weight according to individual needs



**Standard:**

**7. Knows how to maintain and promote personal health**

**Benchmarks:**

- Knows how positive health practices and appropriate health care can help to reduce health risks (e.g., good personal hygiene, health screenings, self-examinations)
- Understands strategies and skills that are used to attain personal health goals (e.g., maintaining an exercise program, making healthy food choices)
- Understands the short-term and long-term consequences of safe, risky and harmful behaviors
- Understands how changing abilities, priorities and responsibilities influence personal health goals (e.g., athletics, academics or other extracurricular activities such as music, drama, etc)
- Knows how health is influenced by the interaction of body systems

**Standard:**

**8. Knows essential concepts about the prevention and control of disease**

**Benchmarks:**

- Understands how factors such as heredity, environment and lifestyle are related to causes of disease and other health problems
- Understands the differences between communicable, chronic and degenerative diseases, and the symptoms associated with each group

**Standard:**

**9. Understands aspects of substance use and abuse**

**Benchmarks:**

- Knows conditions that may put people at higher risk for substance abuse problems (e.g., genetic inheritance, substance abuse in family, low frustration tolerance)
- Understands factors involved in the development of a drug dependency and the early, observable signs and symptoms (e.g., tolerance level, drug-seeking behavior, loss of control, denial or decline in academic performance or school involvement)



**Health**

- Knows the short-term and long-term consequences of the use of tobacco, alcohol and other drugs (e.g., physical consequences such as shortness of breath, cirrhosis, lung cancer, emphysema; psychological consequences such as low self-esteem, paranoia, depression, apathy; social consequences such as crime, domestic violence, loss of friends)
- Understands public policy approaches to substance abuse control and prevention (e.g., pricing and taxation, warning labels, regulation of advertising, restriction of alcohol consumption at sporting events)

**Standard:**

**10. Understands the fundamental concepts of growth and development**

**Benchmarks:**

- Knows the similarities and differences between male and female sexuality
- Knows the processes of conception, prenatal development and birth
- Understands methods for coping with changes that occur during adolescence
- Understands how the human body changes as people age (e.g., muscles and joints become less flexible, bones and muscles lose mass, energy levels diminish, senses become less acute)

**Standard:**

**1. Knows the availability and effective use of health services, products and information**

**Benchmarks:**

- Knows factors that influence personal selection of health care resources, products and services (e.g., cost, benefits, how sources present information, determining reliability)
- Understands situations that require professional health services in the areas of prevention, treatment and rehabilitation (e.g., persistent depression, prenatal and prenatal care, treatment or management of disease, alcohol-or- drug-related problems, neglect and child abuse)

**Standard:**

**2. Knows environmental and external factors that affect individual and community health**

**Benchmarks:**

- Understands how the prevention and control of health problems has been altered by research and medical advances (e.g., community or global environmental issues that affect the food supply and the nutritional quality of food)

**Standard:**

**3. Understands the relationship of family health to individual health**

**Benchmarks:**

- Understands methods to facilitate the transition from the role of a child to the role of an independent adult in the family
- Understands the effects of teenage pregnancy on teenagers, their children, their parents and society
- Understands the responsibilities inherent in dating relationships, marriage and parenthood

**Standard:**

**4. Knows how to maintain mental and emotional health**

**Benchmarks:**

- Knows strategies for coping with and overcoming feelings of stress, rejection or social isolation
- Understands the role of denial as a negative influence on mental and emotional health and ways to overcome denial and seek assistance when needed

**Standard:**

**5. Knows essential concepts and practices concerning injury, prevention and safety**

**Benchmarks:**

- Knows actions that can be used to deal with individuals exhibiting dangerous behaviors
- Knows strategies to reduce and solve interpersonal conflict among young adults in schools and communities
- Understands procedures for first aid and CPR including recognizing Medical Alert symbols (e.g., necklaces, bracelets, ankle bracelets)

**Standard:**

**6. Understands essential concepts about nutrition and diet**

**Benchmarks:**

- Understands how nutrient and energy needs vary in relation to gender, activity level and stage of life cycle
- Understands the reliability and validity of various sources of food and nutrition information (e.g., dietary supplements, diet aids, fad diets, eating disorders and food labels)

- Understands the role of food additives and preservatives and their relationship to health

**Standard:**

**7. Knows how to maintain and promote personal health**

**Benchmarks:**

- Knows how personal behaviors relate to health and well-being and how developing these behaviors can promote achievement of health goals (e.g., following a personal nutrition plan to reduce the risk of disease or periodically self-assessing personal health)

**Standard:**

**8. Knows essential concepts about the prevention and control of disease**

**Benchmarks:**

- Understands how the immune system functions to prevent or combat disease
- Understands the importance of regular examinations (including self-examinations of the breasts or testicles) in detecting and treating diseases early

**Standard:**

**9. Understands aspects of substance use and abuse**

**Benchmarks:**

- Knows the short-term and long-term effects associated with the use of alcohol, tobacco and other drugs on reproduction, pregnancy and the health of children
- Knows how the abuse of alcohol, tobacco and other drugs often plays a role in dangerous behavior and can have adverse consequences on the community ( e.g., house fires, motor vehicle crashes, domestic violence, date rape, transmission of diseases through needle sharing or sexual activity)
- Understands that alcohol, tobacco and other drug dependencies are treatable diseases/conditions

**Standard:**

**10. Understands the fundamental concepts of growth and development**

**Benchmarks:**

- Understands a variety of physical, mental, emotional and social changes that occur throughout life and how these changes differ among individuals (e.g., young adulthood, pregnancy, middle age, old age)
- Knows the importance of sound health practices in the prenatal and prenatal period that are important to the health of the mother, fetus and young child (e.g., diet, refraining from cigarette smoking or use of alcohol or other drugs)
- Understands how physical, mental, social and cultural factors influence attitudes and behaviors regarding sexuality



**Standard:**

**1. Knows the availability and effective use of health services, products and information**

**Benchmarks:**

- Knows how to find out emergency procedures at a facility (e.g., pool, waterfront)
- Understands necessary characteristics of professional rescuers
- Understands the importance of responding quickly to an emergency situation

**Standard:**

**5. Knows essential concepts and practices concerning injury, prevention and safety**

**Benchmarks:**

- Knows the steps of an emergency action plan
- Knows when to suspect a spinal injury
- Knows basic first aid and CPR care
- Understands responsibilities for ensuring safety of everyone at a facility
- Knows the communication strategy for injury control
- Understands the signals of a drowning victim (active, passive and distressed)