

***HealthSmart***  
**Alignment with**  
**North Dakota**  
**Health**  
**Education**  
**Content**  
**Standards**



**GRADES**  
**K–5**

HEALTH STANDARDS	GRADE K	GRADE 1	GRADE 2
Standard 1: Understand concepts related to human growth and development, health promotion and disease prevention.			
1.2.1 Identify how health behaviors affect mental, emotional, physical, and social health.	1, 2, 3, 4, 5, 6, 7, 8, 9, 11, 12, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30	1, 2, 3, 4, 5, 6, 7, 8, 18, 21, 22, 23, 24, 25, 26, 27	1, 2, 3, 4, 5, 6, 7, 8, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 26
1.2.2 Recognize that there are multiple dimensions of health.			2
1.2.3 Describe ways to prevent contagious diseases.	6	5	5
1.2.4 Identify ways to prevent common childhood injuries.	13, 14, 15, 16, 17, 18	7, 9, 10, 11, 12, 13, 14, 15, 16, 20	9, 10, 11, 12, 13
1.2.5 Describe why it is important to seek health care.	7, 8		6
1.2.6 Explain how responsibility changes as we grow older.			2
1.2.7 Identify characteristics of healthy and unhealthy relationships with family, peers, and other adults. (Focus is on ways family, peers, trusted adults support health.)	3	1, 2, 3	1
Standard 2: Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.			
2.2.1 Identify how family influences personal health behaviors.	3	2, 27, 29	1
2.2.2 Identify what the school can do to support personal health behaviors. (Focus is on trusted adults at school and school rules.)	7, 8, 10, 11	13, 14, 16, 18	4, 14, 25
2.2.3 Describe how the media and technology can influence health behaviors.	Not covered		
Standard 3: Demonstrate the ability to access valid information, products, and services.			
3.2.1 Identify trusted adults and professionals who can help promote health.	3, 7, 8, 9, 10, 11, 18, 22	1, 9, 11, 18, 29	4, 14, 25
3.2.2 Identify ways to locate school and community health helpers.	9, 10, 19	17	
Standard 4: Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.			
4.2.1 Demonstrate healthy ways to express needs, wants, feelings, and emotions.	1, 2, 3, 9, 10	29	4
4.2.2 Demonstrate listening skills to enhance health.	1		
4.2.3 Demonstrate ways to respond when in an unwanted, threatening, or dangerous situation.	10, 11, 18, 29	16, 17, 18, 20	15
4.2.4 Demonstrate ways to tell a trusted adult if threatened or harmed.	19	17, 20	15

HEALTH STANDARDS	GRADE K	GRADE 1	GRADE 2
<b>Standard 5: Demonstrate the ability to use decision-making skills to enhance health and avoid or reduce health risks.</b>			
5.2.1 Identify situations when a health-related situation is needed.	20, 21, 28		9, 10, 11, 12, 26
5.2.2 Differentiate between situations when a health-related decision can be made individually or when assistance is needed.	20		26
<b>Standard 6: Demonstrate the ability to use goal-setting skills to enhance health and avoid or reduce health risks.</b>			
6.2.1 Identify a short-term personal health goal and the action toward achieving the goal.	5, 6, 23, 25	8, 23	13, 19, 21
6.2.2 Identify who can help when assistance is needed to achieve a personal health goal.	5, 6, 23, 25	23	13, 19, 21
<b>Standard 7: Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.</b>			
7.2.1 Demonstrate health behaviors to maintain or improve personal health.	1, 5, 6	5, 6, 8	5, 22, 26
7.2.2 Demonstrate health behaviors that avoid or reduce health risks.	2, 13, 14, 15, 16, 17, 19, 29	7, 10, 12, 16, 17	3
<b>Standard 8: Demonstrate the ability to advocate for personal, family, and community health.</b>			
8.2.1 Make a request to promote personal health.	3, 7, 29	19, 28, 29	15, 16, 25
8.2.2 Encourage peers to make positive health choices.	11, 25, 28, 30	3, 12, 19, 22, 28	8, 15, 16, 23, 26

HEALTH STANDARDS	GRADE 3	GRADE 4	GRADE 5
<b>Standard 1: Understand concepts related to human growth and development, health promotion and disease prevention.</b>			
1.5.1 Describe the relationship between health behaviors and mental, emotional, physical, and social health.	1, 2, 3, 4, 5, 6, 7, 8, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28	1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 12, 13, 14, 16, 17, 18, 19, 20, 21, 25, 26, 28	1, 2, 4, 5, 6, 7, 8, 11, 13, 16, 17, 18, 19, 20, 21, 24, 25, 26, 27, 30, 32, 33, 34, 35, 37
1.5.2 Identify examples of mental, emotional, physical, and social health.	1		1
1.5.3 Describe ways in which a safe and healthy school and community environment can promote personal health.	9, 10, 11, 13, 14, 15	11	36
1.5.4 Describe ways to prevent common childhood injuries and health problems.	9, 10, 11, 16	3, 10, 11, 12, 14, 15	9, 10, 11, 12
1.5.5 Describe when it is important to seek health care.	8		
1.5.6 Explain the stages of mental, emotional, physical, and social growth and development in humans from infancy to late adulthood. ( <i>Focus is on changes of puberty/adolescence.</i> )		25, 26	32, 33, 34, 35
1.5.7 Define abstinence in relation to health behaviors.			37
1.5.8 Describe characteristics of healthy and unhealthy relationships with family, peers, and other adults.	1, 3, 4, 5		2, 3
<b>Standard 2: Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.</b>			
2.5.1 Describe how family influences personal health behaviors.	3, 21	21	2, 19, 30, 33
2.5.2 Identify the influence of culture on health behaviors.	21	21	19, 36
2.5.3 Identify how peers influence health behaviors.	4, 21, 27, 28	13, 21	2, 7, 11, 19, 26, 30
2.5.4 Describe how the school and community can support personal health behaviors.	15	11	9
2.5.5 Explain how media and technology influences personal health behaviors.	14, 21, 28	21	7, 8, 14, 27, 30
<b>Standard 3: Demonstrate the ability to access valid information, products, and services.</b>			
3.5.1 Identify characteristics of valid health information, products, and services.		20	4, 38
3.5.2 Locate resources from home, school, and community that provide valid health information.	1	6, 20, 27	4, 5, 13, 31, 38
<b>Standard 4: Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.</b>			
4.5.1 Demonstrate effective verbal and nonverbal communication skills to enhance health.	4, 29		3
4.5.2 Demonstrate refusal skills that avoid or reduce health risks.	16, 29	13, 22, 23	28
4.5.3 Demonstrate nonviolent strategies to manage or resolve conflicts.		14, 15	

HEALTH STANDARDS	GRADE 3	GRADE 4	GRADE 5
<b>Standard 4: Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.</b> (continued)			
4.5.4 Demonstrate how to ask for assistance to enhance personal health.	15, 16	6, 15, 27	31
<b>Standard 5: Demonstrate the ability to use decision-making skills to enhance health and avoid or reduce health risks.</b>			
5.5.1 Identify health-related situations that might require a decision-making process.	13, 26	14, 28	12, 29
5.5.2 Analyze when assistance is needed when making a health-related decision.	13, 26	14, 28	12, 29
5.5.3 List healthy options to health-related issues or problems.	13, 26	28	29
5.5.4 Predict the potential outcomes of each option when making a health-related decision.	13, 26	28	29
5.5.5 Choose a healthy option when making a decision.	13, 26	28	29
5.5.6 Describe the outcomes of a health-related decision.	26		29, 30, 37
<b>Standard 6: Demonstrate the ability to use goal-setting skills to enhance health and avoid or reduce health risks.</b>			
6.5.1 Set a personal health short-term goal and track progress toward its achievement.	12, 22, 24	9, 19	22, 23
6.5.2 Identify resources to assist in achieving a personal health goal.	12, 22, 24	9, 19	22, 23, 30
<b>Standard 7: Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.</b>			
7.5.1 Identify responsible personal health behaviors	9, 11, 14	4, 12	25, 26, 30, 33
7.5.2 Demonstrate health behaviors to maintain or improve personal health.	4, 18, 22, 24	9, 19	3, 6, 23
7.5.3 Demonstrate health behaviors to avoid or reduce health risks.	6, 12, 16, 29	3, 5, 13, 15, 23	9, 12, 19, 28
<b>Standard 8: Demonstrate the ability to advocate for personal, family, and community health.</b>			
8.5.1 Express opinions and give accurate information about health issues.	7, 10, 11, 15	20, 24, 25, 26	9, 15, 27, 36
8.5.2 Encourage others to make positive health choices.	7, 11, 15, 29	20, 24, 26	9, 15, 27, 36