


District Map – Health / K-5

<p>National Health Education Standards (NHES)</p> <p>HECAT 2021 - HECAT K-2 & HECAT 3-5</p>	<p>Standard 1 Health Knowledge & Concepts Students will comprehend concepts related to health promotion and disease prevention to enhance health.</p>	<p>Standard 2 Analyzing Influences Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.</p>	<p>Standard 3 Accessing Information Students will demonstrate the ability to access valid information, products, and services to enhance health.</p>	<p>Standard 4 Interpersonal Communication Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.</p>	<p>Standard 5 Decision Making Students will demonstrate the ability to use decision-making skills to enhance health.</p>	<p>Standard 6 Goal Setting Students will demonstrate the ability to use goal-setting skills to enhance health.</p>	<p>Standard 7 Self Management Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.</p>	<p>Standard 8 Advocacy Students will demonstrate the ability to advocate for personal, family, and community health.</p>
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<p>These health-related topics have been identified by CDC to contribute to child and adolescent health.</p> <ul style="list-style-type: none"> Alcohol and Other Drugs Food and Nutrition (formerly Healthy Eating) Mental and Emotional Health Personal Health and Wellness Physical Activity Safety Sexual Health Tobacco Violence Prevention Comprehensive Health Education <p>Federal Law: Children's Internet Protection Act Digital Citizenship for CIPA & E-Rate</p>	<p>VT Comprehensive Health Education as defined in 16 V.S.A. §131 includes</p> <ol style="list-style-type: none"> Body structure and function 16 V.S.A. §131 (1) Community health 16 V.S.A. §131 (2) Safety 16 V.S.A. §131 (3) Disease, 16 V.S.A. §131 (4) Family health and mental health, 16 V.S.A. §131 (5) Personal health habits, 16 V.S.A. §131 (6) Consumer health, 16 V.S.A. §131 (7) Human growth and development 16 V.S.A. §131 (8) Drugs 16 V.S.A. §131 (9) Nutrition. 16 V.S.A. §131 (10) How to recognize and prevent sexual abuse and sexual violence, 16 V.S.A. §131 (11) 	<p>Vermont State Statutes Related to Health Education</p> <ul style="list-style-type: none"> Depression and Suicide Prevention Education (H. 630 16 V.S.A. § 131)) Bullying, Harassment, Hazing Education (H. 629, H.113: 16 V.S.A. § 570a, b, c) Sexual Violence Prevention Education (S.13: 16 V.S.A. § 131) Orientation, Information, or Instruction on the Prevention, Identification and Reporting of Child Sexual Abuse (Sec. 9 16 V.S.A. § 563) Tobacco Use, Alcohol and Drug Abuse Prevention Education (16 V.S.A. § 909 (Supported by 4200); H. 711 amended Sec. 8 16 V.S.A. § 909 (b) #1 (Previously Act 51) First Aid, CPR & AED (Act 151) Wellness Program (16 V.S.A. § 136) Provisions of Contraceptives (16 V.S.A. § 132) Condom Availability Program 	<p>Student Friendly Standards Poster</p>  <table border="1"> <thead> <tr> <th>National Health Education Standard</th> <th>What this means to me</th> </tr> </thead> <tbody> <tr> <td>1 Students will comprehend concepts related to health promotion and disease prevention to enhance health.</td> <td>I will learn how to take care of my health.</td> </tr> <tr> <td>2 Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.</td> <td>I will look at how the people and things in my life help me make healthy choices.</td> </tr> <tr> <td>3 Students will demonstrate the ability to access valid information and products and services to enhance health.</td> <td>I will show how I can find good information to stay healthy or be healthier.</td> </tr> <tr> <td>4 Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.</td> <td>I will show how I can communicate with others to be healthier.</td> </tr> <tr> <td>5 Students will demonstrate the ability to use decision-making skills to enhance health.</td> <td>I will show how I'm able to make decisions to be healthier.</td> </tr> <tr> <td>6 Students will demonstrate the ability to use goal-setting skills to enhance health.</td> <td>I will show how I set goals to be healthier.</td> </tr> <tr> <td>7 Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.</td> <td>I will practice making healthy choices.</td> </tr> <tr> <td>8 Students will demonstrate the ability to advocate for personal, family, and community health.</td> <td>I will show how I stand up for my health and the health of my family and community.</td> </tr> </tbody> </table> <p><small>Usage Policy and Disclaimer: This document is copyright-protected material, and as such, SHAPE America allows its use and reproduction in education settings only if copied or reproduced, printed or distributed without seeking written permission from SHAPE America.</small></p>	National Health Education Standard	What this means to me	1 Students will comprehend concepts related to health promotion and disease prevention to enhance health.	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Yearlong Priority Standards/Proficiencies:

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

Every Year		Year 1		Year 2	
Content	Standards/ Indicators	Content	Standards/ Indicators	Content	Standards/ Indicators
Personal Safety & Sexual Abuse Prevention (VT Law - Act 1)	Priority: <i>Standard 1</i> Health Knowledge & Concepts Students will comprehend concepts related to health promotion and disease prevention to enhance health. <i>Standard 8</i> Advocacy Students will demonstrate the ability to advocate for personal, family, and community health.	Social Emotional & Mental Health Bullying Prevention (VT Law)	Priority: <i>Standard 1</i> Health Knowledge & Concepts Students will comprehend concepts related to health promotion and disease prevention to enhance health. <i>Standard 4</i> Interpersonal Communication Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	Communication Skills & Conflict Resolution Bullying Prevention (VT Law)	Priority: <i>Standard 1</i> Health Knowledge & Concepts Students will comprehend concepts related to health promotion and disease prevention to enhance health. <i>Standard 4</i> Interpersonal Communication Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
	Guiding: <i>Standard 4</i> Interpersonal Communication Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.		Guiding: <i>Standard 7</i> Self Management Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.		Guiding: <i>Standard 7</i> Self Management Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
Human Body & Human Growth & Development/ Puberty	Priority: <i>Standard 1</i> Health Knowledge & Concepts Students will comprehend concepts related to health promotion and disease prevention to enhance health. <i>Standard 2</i> Analyzing Influences Students will analyze the	Illness & Disease Prevention	Priority: <i>Standard 1</i> Health Knowledge & Concepts Students will comprehend concepts related to health promotion and disease prevention to enhance health. Standard 7 Self Management Students will demonstrate the	First Aid & Safety (VT Law- Act 151)	Priority: 1, 3/7 <i>Standard 1</i> Health Knowledge & Concepts Students will comprehend concepts related to health promotion and disease prevention to enhance health. <i>Standard 3</i> Accessing Information Students will demonstrate the

	<p>influence of family, peers, culture, media, technology, and other factors on health behaviors.</p>		<p>ability to practice health-enhancing behaviors and avoid or reduce health risks.</p>		<p>ability to access valid information, products, and services to enhance health.</p> <p>Standard 7 <i>Self Management</i> Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.</p>
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<p>Substance Abuse/Prevention (VTLaw)</p>	<p>Priority: <i>Standard 1</i> <i>Health Knowledge & Concepts</i> Students will comprehend concepts related to health promotion and disease prevention to enhance health.</p> <p><i>Standard 5</i> <i>Decision Making</i> Students will demonstrate the ability to use decision-making skills to enhance health.</p>	<p>Nutrition</p>	<p>Priority: <i>Standard 1</i> <i>Health Knowledge & Concepts</i> Students will comprehend concepts related to health promotion and disease prevention to enhance health.</p> <p><i>Standard 5</i> <i>Decision Making</i> Students will demonstrate the ability to use decision-making skills to enhance health.</p> <p><i>Standard 6</i> <i>Goal Setting</i> Students will demonstrate the ability to use goal-setting skills to enhance health.</p>	<p>Exercise, Fitness, & Physical Activity</p>	<p>Priority: <i>Standard 1</i> <i>Health Knowledge & Concepts</i> Students will comprehend concepts related to health promotion and disease prevention to enhance health.</p> <p><i>Standard 6</i> <i>Goal Setting</i> Students will demonstrate the ability to use goal-setting skills to enhance health.</p>
	<p>Guiding: <i>Standard 2</i> <i>Analyzing Influences</i> Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.</p>		<p>Guiding: <i>Standard 3</i> <i>Accessing Information</i> Students will demonstrate the ability to access valid information, products, and services to enhance health.</p>		<p>Guiding: n/a</p>

Digital Citizenship (online safety) (Librarians)	Priority: <i>Standard 1</i> Health Knowledge & Concepts Students will comprehend concepts related to health promotion and disease prevention to enhance health. <i>Standard 3</i> <i>Accessing Information</i> Students will demonstrate the ability to access valid information, products, and services to enhance health.				
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