

## The importance of health education in New York State:

The discipline of Health Education plays a vital role in the development of every child. The New York State learning standards give our children the tools and knowledge to lead productive lives and attain lifelong wellness.

In New York State, health educators focus on three learning standards:

- ◆ *Personal Health and Fitness*
- ◆ *Safe and Healthy Environments*
- ◆ *Personal & Community Resources*

*“The first wealth  
is HEALTH.”*

W. Emerson

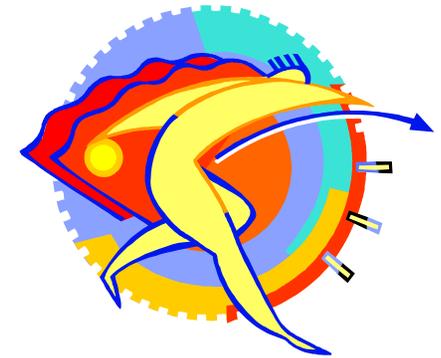
## What parents can do:

- Model good nutrition and eating habits
- Eat meals together as a family
- Model and encourage an active lifestyle
- Turn off the television and limit video games
- Take a walk together
- Spend time reading together
- Acknowledge and foster responsible and respectful behavior
- Teach children to solve problems without violence
- Participate in shared decision making opportunities such as the school's Comprehensive Health and Wellness committee

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# HEALTHY CHILDREN

Parent's Guide to  
New York State Learning  
Standards in  
Health Education



**nysut**

New York State United Teachers

[www.nysut.org](http://www.nysut.org)

**New York State**

**PTA**

*everychild.one voice.*

[www.nyspta.org](http://www.nyspta.org)

As children progress from Pre-kindergarten through the secondary level, the health education curriculum broadens in scope and application. At each education level, students will acquire the knowledge, skills and attitudes necessary to make informed decisions.

	<b>ELEMENTARY</b> <b>Grades Pre K - 4</b>	<b>MIDDLE LEVEL</b> <b>Grades 5-8</b>	<b>SECONDARY</b> <b>Grades 9-12</b>
<b>Personal Health &amp; Fitness</b>	<ul style="list-style-type: none"> <li>◆ Be aware of basic body systems</li> <li>◆ Learn healthy choices and behaviors</li> <li>◆ Learn the importance of food selection, exercise and rest</li> <li>◆ Gain knowledge of disease prevention and treatment</li> </ul>	<ul style="list-style-type: none"> <li>◆ Understand human development and puberty</li> <li>◆ Analyze multiple influences affecting healthy choices and behavior</li> </ul>	<ul style="list-style-type: none"> <li>◆ Understand human growth and development across the life cycle</li> <li>◆ Evaluate the consequences of behaviors</li> <li>◆ Apply prevention and risk reduction strategies</li> </ul>
<b>Safe &amp; Healthy Environments</b>	<ul style="list-style-type: none"> <li>◆ Know basic safety rules</li> <li>◆ Recognize and avoid dangerous situations</li> <li>◆ Learn social skills that enhance personal safety</li> </ul>	<ul style="list-style-type: none"> <li>◆ Assess dangerous situations to avoid or reduce risk</li> <li>◆ Demonstrate how to say “No” to negative situations</li> <li>◆ Understand personal involvement in improving the environment</li> </ul>	<ul style="list-style-type: none"> <li>◆ Recognize hazardous conditions and propose solutions</li> <li>◆ Recognize how individual behaviors affect the quality of the environment</li> </ul>
<b>Personal &amp; Community Resources</b>	<ul style="list-style-type: none"> <li>◆ Understand how culture influences family and community beliefs and practices</li> <li>◆ Know how to access help in an emergency</li> <li>◆ Recognize how the media influences health choices</li> </ul>	<ul style="list-style-type: none"> <li>◆ Distinguish between valid and invalid health information, products and services</li> <li>◆ Know how to access community health services</li> <li>◆ Analyze how media and technology influence health choices</li> </ul>	<ul style="list-style-type: none"> <li>◆ Evaluate health information, products and services</li> <li>◆ Analyze how culture influences health behaviors</li> <li>◆ Demonstrate advocacy skills to promote a healthy lifestyle for individual, family, and community health</li> </ul>