



WHALE Tales Safety Topics

National Health Education Standards and Performance Indicators (K–2, 3–5)

Health Education Standard and Performance Indicators	Swim as a Pair Near a Lifeguard's Chair	Be Cool, Follow the Rules	Look Before You Leap	Think So You Don't Sink	Reach or Throw, Don't Go	Don't Just Pack It, Wear Your Jacket	Think Twice Before Going Near Cold Water or Ice	Know About Boating Before You Go Floating	Too Much Sun Is No Fun	In Your House and in Your Yard, Watch for Water, Be on Guard	Wave, Tide or Ride, Follow the Guide
Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.											
<ul style="list-style-type: none"> Identify that healthy behaviors affect personal health. (K–2) 	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑
<ul style="list-style-type: none"> Describe the relationship between healthy behaviors and personal health. (3–5) 	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑
<ul style="list-style-type: none"> List/Describe ways to prevent common childhood injuries and health problems. (K–5) 	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑
Standard 2: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.											
<ul style="list-style-type: none"> Identify/Describe how the family influences personal health practices and behaviors. (K–5) 										☑	
<ul style="list-style-type: none"> Identify the influence of culture on health practices and behaviors. (3–5) 								☑			☑
<ul style="list-style-type: none"> Identify how peers can influence healthy and unhealthy behaviors. (3–5) 	☑	☑		☑							☑

Health Education Standard and Performance Indicators	Swim as a Pair Near a Lifeguard's Chair	Be Cool, Follow the Rules	Look Before You Leap	Think So You Don't Sink	Reach or Throw, Don't Go	Don't Just Pack It, Wear Your Jacket	Think Twice Before Going Near Cold Water or Ice	Know About Boating Before You Go Floating	Too Much Sun Is No Fun	In Your House and in Your Yard, Watch for Water, Be on Guard	Wave, Tide or Ride, Follow the Guide
--	---	---------------------------	----------------------	-------------------------	--------------------------	--------------------------------------	---	---	------------------------	--	--------------------------------------

Standard 3: Students will demonstrate the ability to access valid information and products and services to enhance health.

<ul style="list-style-type: none"> Identify trusted adults and professionals who can help promote health. (K-2) Identify characteristics of valid health information, products and services. (3-5) 	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>								
<ul style="list-style-type: none"> Identify ways to locate school and community health helpers. (K-2) Locate resources from home, school and community that provide valid health information. (3-5) 	<input checked="" type="checkbox"/>										

Standard 4: Students will demonstrate the ability to use interpersonal communication to enhance health and avoid or reduce health risks.

<ul style="list-style-type: none"> Demonstrate healthy ways to express needs, wants and feelings. (K-2) Demonstrate effective verbal and non-verbal communication skills to enhance health. (3-5) 			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>							
<ul style="list-style-type: none"> Demonstrate listening skills to enhance health. (K-2) Demonstrate refusal skills to avoid or reduce health risks. (3-5) 				<input checked="" type="checkbox"/>						<input checked="" type="checkbox"/>	

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

<ul style="list-style-type: none"> Identify situations when a health-related decision is needed. (K-2) Identify health-related situations that might require a thoughtful decision. (3-5) 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<ul style="list-style-type: none"> List healthy options to health-related issues or problems. (3-5) 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<ul style="list-style-type: none"> Predict the potential outcomes of each option when making a health-related decision. (3-5) 		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

Health Education Standard and Performance Indicators	Swim as a Pair Near a Lifeguard's Chair	Be Cool, Follow the Rules	Look Before You Leap	Think So You Don't Sink	Reach or Throw, Don't Go	Don't Just Pack It, Wear Your Jacket	Think Twice Before Going Near Cold Water or Ice	Know About Boating Before You Go Floating	Too Much Sun Is No Fun	In Your House and in Your Yard, Watch for Water, Be on Guard	Wave, Tide or Ride, Follow the Guide
--	---	---------------------------	----------------------	-------------------------	--------------------------	--------------------------------------	---	---	------------------------	--	--------------------------------------

Standard 5 (continued): Students will demonstrate the ability to use decision-making skills to enhance health.

<ul style="list-style-type: none"> Choose a healthy option when making a decision. (3–5) 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<ul style="list-style-type: none"> Describe the outcomes of a health-related decision. (3–5) 		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.

<ul style="list-style-type: none"> Identify who can help when assistance is needed to achieve a personal health goal. (K–2) 	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>							<input checked="" type="checkbox"/>	
<ul style="list-style-type: none"> Identify resources to assist in achieving a personal health goal. (3–5) 											

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

<ul style="list-style-type: none"> Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health. (K–5) 			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>		
<ul style="list-style-type: none"> Demonstrate a variety of behaviors that avoid or reduce health risks. (K–5) 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

Standard 8: Students will demonstrate the ability to advocate for personal, family and community health.

<ul style="list-style-type: none"> Make requests to promote personal health. (K–2) 		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>					<input checked="" type="checkbox"/>	
<ul style="list-style-type: none"> Express opinions and give accurate information about health issues. (3–5) 											
<ul style="list-style-type: none"> Encourage peers and others to make positive health choices. (K–5) 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>							<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>