Overview
The goal of health education is for students to acquire the health information and skills necessary to become healthy adults. This includes being able to identify appropriate and inappropriate health behaviors. Students must understand several key concepts: 1) they should first seek health care guidance from their parents; 2) health is influenced by a variety of factors; 3) personal behaviors can increase or reduce health risks throughout that person’s life span; 4) students should recognize and utilize health information and products; 5) personal and interpersonal skills are needed to promote individual, family, and community health.

In first grade, students learn about their bodies and ways to care for themselves. They also begin to recognize that relationships exist between behaviors and health, and community helpers such as nurses and doctors help them stay healthy.