

# HEALTH SERIES OVERVIEW

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## FOR SKILLS-BASED HEALTH EDUCATION



**TULSA HEALTH**  
Department  
*School Health Program*

# 1st Grade

## Oklahoma Health Standards

1. Define a trusted adult (1.HR.2.1)
2. Identify the benefits of personal healthcare practices (1.IP.2.1)
3. Identify trusted adults and professionals who can help promote health (3.AC.2.1)
4. Locate school and community health helpers (3.AC.2.2)
5. Identify situations that need health-related decisions (5.DM.2.1)
6. Describe when help is needed and when it is not needed to make a healthy decision (5.DM.2.2)
7. Identify practices that reduce or prevent health risks (7.SM.2.1)
8. Demonstrate healthy practices and behaviors to maintain or improve personal health (7.SM.2.2)

## Health Behavior Outcomes

PHW-1: Practice appropriate hygiene practices.

## Lesson Objectives

By the end of this lesson students will be able to:

### Accessing Information

- Identify trusted adults at home, at school, and in the community, who can help promote health.
- Ask for help if they have questions about their dental health.

### Decision Making

- Identify situations when a health-related decision needs to be made.
- Describe when help is needed and when its not needed to make a healthy decision.

### Self-Management

- Identify the proper steps for daily brushing and flossing of teeth.
- Demonstrate proper tooth brushing.

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