

# Maryland Comprehensive Health Education Framework

## Grade 2

### [Maryland Comprehensive Health Education Framework](#)

#### **Mental and Emotional Health**

- Demonstrate a variety of strategies to express and manage emotions. 1a.2.1 (Second Step & Move, Move, Move)
- Describe a variety of personal emotions and the ways the body signals these emotions. 1a.2.2 (Physical Education)
- Describe how others may be feeling based on verbal and nonverbal cues and respond in a healthy way. 1a.2.3 (Second Step & Physical Education)
- Describe healthy and rewarding social interactions. 1a.2.5 (Move, Move, Move)
- Explain why it is hurtful to tease or bully others and what to do if someone is bullied. 1a.2.6 (Move, Move, Move)
- Explain the importance of talking with trusted adults about emotions and concerns. 1a.2.7 (Move, Move, Move)

#### **Substance Abuse and Prevention**

- Identify alcohol, nicotine, and electronic smoking devices. 1b.2.3 (Move, Move, Move)
- Identify family and school rules about alcohol, nicotine use, and electronic smoking devices. 1b.2.4 (Move, Move, Move)

#### **Safety and Violence Prevention**

- Identify ways to reduce the risk of injuries while riding in a motor vehicle. 1d.2.3 (Move, Move, Move)
- Identify appropriate interactions with community helpers (e.g., nurses, teachers, police officers, and crossing guards) in roles that help children. 1d.2.11 (Move, Move, Move)
- Practice telling trusted adults about feelings. 1d.2.14 (School Counseling)
- Explain appropriate boundaries when using technology and the internet. 1d.2.15 (Move, Move, Move)
- Identify parts of the body that are private on self or others. 1d.2.17 (School Counseling)
- Explain that it is never a person's fault if someone causes them to feel unsafe. 1d.2.18 (School Counseling)

#### **Healthy Eating**

- Describe the benefits of drinking water versus other beverages. 1e.2.1 (Physical Education)
- Explain the importance of choosing nutritious foods and beverages from different food groups. 1e.2.3 (Move, Move, Move)

- Describe the concept of moderation and the idea that “all foods fit.” 1e.2.7 (Move, Move, Move)