

**Helena Public Schools
Grade 2
School Counselor
Health and Wellness**

Health Maintenance & Enhancement

Support the following Competencies:

- Identify positive ways to solve or prevent problems (e.g., verbal communication skills, non-verbal, & “I” messages)
- Describe what causes disagreements / fights & how to avoid them
- Define refusal skills (strategies that help you say no) & assertive skills (skills that allow you to behave with confidence)
- Identify healthy activities that can relieve uncomfortable feelings & emotions

Functions & Interrelationships of Systems

Support the following Competencies:

- Recognize that people express love differently to their parents, families & friends
- Recognize the influence peers have on people (shared interest, goals & values)
- Understand that family structures differ
- Acknowledge that most people who marry intend the relationship to be lifelong
- Understand that both women & men can be involved & caring parents
- Demonstrate peaceful conflict resolution
- Understand that some people have mental illnesses
- Understand that mental illness can be managed

Risk Assessment & Reduction

Support the following Competencies:

- Identify various types of drugs (e.g., nicotine, alcohol & street drugs)
- Explain what constitutes a drug free & safe community
- Describe the effects of tobacco, alcohol and other drugs on the body (e.g., lungs, brain, liver)