

# PERSONAL HEALTH CARE

## List of Objectives

### I. Feeding



#### A. Elementary (only)

1. Student will feed self finger foods.
2. Student will suck through a straw.
3. Student will drink from a cup without spilling.
4. Student will use a spoon without spilling.
5. Student will unwrap a covering.
6. Student will keep lips closed while chewing.
7. Student will use a napkin appropriately to wipe hands and face.
8. Student will use a fork appropriately.
9. Student will use a knife to spread.
10. Student will use a knife and fork to cut.
11. Student will demonstrate appropriate eating behaviors and table manners.

## II. Toileting



### A. Elementary

1. Student will indicate the need to change wet/soiled pants.
2. Student will sit on the toilet up to five minutes unsupervised.
3. Student will demonstrate daytime bladder control.
4. Student will demonstrate daytime bowel control.
5. Student will indicate the need to be taken or to go to the restroom.
6. Student will locate the appropriate restroom within the school environment.
7. Student will identify school restroom labels and international symbols.
8. Student will flush the toilet without a reminder.
9. Student will adjust clothes after going to the toilet.
10. Student will use toilet paper appropriately.
11. Student will use the toilet independently.
12. Student will recognize and use appropriate bathroom times without a schedule.
13. Student will plan ahead for bathroom needs.

### B. Middle School

1. Student will use community bathroom facilities.
2. Student will identify restroom labels in community locations.
3. Student will check appearance in the bathroom mirror before leaving for class, work, etc.
4. Boys will identify and use a urinal appropriately.

### C. High School

1. Student will maintain previously learned skills with emphasis on independence, rate, and quality.
2. Student will flush toilet without a reminder.
3. Student will use toilet paper appropriately.
4. Student will use community bathroom facilities.
5. Student will identify restroom labels in community locations.
6. Student will check appearance in the bathroom mirror before leaving for class, work, etc.
7. Boys will identify and use a urinal appropriately.

### III. Dressing



#### A. Elementary

1. Student will identify various articles of clothing.
2. Student will take off socks.
3. Student will take off shoes.
4. Student will put on socks.
5. Student will put on shoes.
6. Student will lace shoes.
7. Student will untie and tie shoelaces.
8. Student will distinguish front and back of clothing.
9. Student will zip and unzip clothing.
10. Student will button and unbutton quarter-size buttons.
11. Student will snap and unsnap snaps on a garment.
12. Student will fasten a belt.
13. Student will hang a coat on a hook.
14. Student will hang a coat on a hanger.
15. Student will remove and put on a coat.
16. Student will dress in correct sequence with clothes put on correctly.
17. Student will choose clothing appropriate to a given situation, weather, and/or activity.
18. Student will select clothing that matches and/or “goes together”.
19. Student will select clothing of appropriate size.

#### B. Middle School

1. Student will identify the name and function of ten pieces of clothing.
2. Student will identify clothing that needs to be laundered.
3. Student will select appropriate wardrobe items.
4. Student will select clothing on a daily basis, appropriate to the weather, occasion, etc.
5. Student will match outfits by color and design.
6. Student will accessorize a wardrobe appropriately.

#### C. High School

1. Student will determine the probable clothing needs for a hypothetical family.
2. Student will select and purchase own clothing.
3. Student will select appropriate clothing for work, school, social settings (weddings, funerals, graduations, etc.).
4. Girls will wear appropriate undergarments.

#### IV. Grooming



##### A. Elementary

1. Student will turn water on and off independently.
2. Student will regulate water temperature independently.
3. Student will wash and dry hands independently.
4. Student will wash and dry face independently.
5. Student will brush teeth independently.
6. Student will brush/comb hair independently.
7. Student will blow nose into tissue independently.
8. Student will use a mirror to assure daily neatness.
9. Student will bathe independently.
10. Student will clean eyeglasses.

##### B. Middle School

1. Student will demonstrate shower skills.
2. Student will demonstrate dental care skills.
3. Student will demonstrate nail care skills.
4. Student will demonstrate hair care skills.
5. Girls will demonstrate the ability to curl hair.
6. Student will demonstrate skin care skills.
7. Girls will apply cosmetics appropriately.
8. Boys will demonstrate shaving skills.
9. Girls will demonstrate shaving skills.
10. Student will apply deodorant.
11. Student will apply cologne appropriately.
12. Girls will recognize the menstruation process and learn when and why it occurs.
13. Girls will demonstrate menstrual hygiene skills.

##### C. High School

1. Student will maintain previously learned skills with emphasis on independence, rate and quality.
2. Student will explain the importance of grooming in relation to the job interview process.

## V. Safety



### A. Elementary

1. Student will state and/or identify his/her full name.
2. Student will state and/or locate telephone number.
3. Student will state and/or locate home address.
4. Student will dial own telephone number.
5. Student will identify the procedure to follow if lost.
6. Student will identify common dangers.
7. Student will stay away from common dangers.
8. Student will follow the routine for a fire drill at school.
9. Student will follow the routine for a severe weather drill at school.
10. Student will identify danger of putting foreign objects in the mouth.
11. Student will describe safety precautions to follow on the playground.
12. Student will recognize/practice basic pedestrian safety signs and procedures.
13. Student will identify safety rules to follow in riding in a private motor vehicle and/or a school bus.
14. Student will demonstrate knowledge that he/she should not accept rides from or leave with a stranger or someone casually known.
15. Student will distinguish between actual friends and “friendly” strangers.
16. Student will distinguish between appropriate and inappropriate touching.
17. Student will identify basic bicycle safety rules.
18. Student will use a key and a knob on a variety of doors.
19. Student will recognize poison labels.

### B. Middle School

1. Student will identify reasons for common traffic and safety rules and practices.
2. Student will recognize warning signs in the environment.
3. Student will identify resources for assistance with medical problems.
4. Student will identify persons responsible for safety in the community.
5. Student will identify services offered by major emergency agencies and demonstrate how to report an emergency.
6. Student will identify potential hazards found in the home.
7. Student will list the proper first aid procedures for an animal bite and/or insect bite/sting.
8. Student will identify correct first aid procedures to administer in emergency situations.
9. Student will recognize emergency situations and follow appropriate procedures.
10. Student will maintain, carry and appropriately display a picture identification card.

V. Safety (cont.)

C. High School

1. Student will identify warning labels.
2. Student will demonstrate knowledge of emergency procedures.
3. Student will identify vehicle safety signs and procedures.
4. Student will demonstrate knowledge of automobile passenger safety.

## VI. Nutrition



### A. Elementary

1. Student will classify foods into the food pyramid.
2. Student will identify appropriate portions to eat.
3. Student will learn the importance of eating breakfast.
4. Student will select snack foods based on nutrition/calories.
5. Student will identify the importance of liquid/water intake.

### B. Middle School

1. Student will classify foods into the food pyramid.
2. Student will plan a balanced meal.
3. Student will develop a basic understanding of calories.

### C. High School

1. Student will plan balanced menus for a family on a daily and weekly basis.
2. Student will select a nutritionally balanced meal at a restaurant.

## VII. Wellness



### A. Elementary

1. Student will identify the importance of adequate rest.
2. Student will perform a daily exercise routine with visual and verbal cues from the teacher.
3. Student will demonstrate breathing and relaxation techniques.
4. Student will recognize health equipment in a doctor's office.

### B. Middle School

1. Student will perform a daily exercise routine.
2. Student will demonstrate relaxation exercises.
3. Student will practice "good" posture.
4. Student will identify common household medical products.
5. Student will accurately read a temperature registered on a fever thermometer.
6. Student will identify reasons and methods to control weight.
7. Student will identify the negative effects of substance abuse.

### C. High School

1. Student will read labels and identify safety measures for the usage and storage of prescription and/or over-the-counter drugs.
2. Student will identify and become familiar with dietary supplements.
3. Student will demonstrate the procedure for making a doctor's appointment.
4. Student will identify the importance of physical fitness and determine ways to achieve it.

## VIII. Self-Concept



### A. Elementary

1. Student will identify basic emotions.
2. Student will identify positive traits of self and others.
3. Student will accept praise.
4. Student will accept constructive criticism.

### B. Middle School

1. Student will identify necessary characteristics of a good self-concept.
2. Student will increase self acceptance by identifying personal strengths and limitations.
3. Student will identify ways in which the actions of others effect one's feeling of worth.
4. Student will identify ways in which one's emotions effect behavior of self and others.

### C. High School

1. Student will construct a personal view of how others perceive him/her.
2. Student will refrain from making demeaning remarks about self.
3. Student will develop and/or maintain a positive attitude.
4. Student will be a positive participant in planning for his/her future.

IX. Ecology



A. Elementary

1. Student will identify ways of preserving beauty at school.
2. Student will identify ways people help keep the environment beautiful.
3. Student will define and list causes of pollution.

B. Middle school

1. Student will identify ways to conserve beauty in the environment.
2. Student will identify causes for pollution and its effect on the environment.
3. Student will preserve beauty of the environment by maintaining the appearance of home, school, and community.
4. Student will categorize different recyclable materials and prepare them for recycling.

C. High School

1. Student will continue to refine skills identifying types and causes of pollution and effective ways to eliminate or combat the resulting problems.

X. Human Growth and Development



A. Elementary

1. Student will develop a sense of modesty.
2. Student will respect the privacy of others.
3. Student will express affection appropriately.
4. Student will identify sex differences between males and females.
5. Student will report inappropriate sexual acts by an adult and/or other student.

B. Middle School

1. Student will identify sex roles and role behaviors.
2. Student will understand the need to undress only in private.
3. Student will identify sexual organs and will differentiate between males and females.
4. Student will recognize adolescent changes.
5. Student will accept and cope with feelings arising from an awareness of his/her sexuality.
6. Student will differentiate between public and private places for private, personal behavior.
7. Student will exhibit appropriate behavior with the opposite sex.
8. Student will distinguish between friendly and intimate affection.

C. High School

1. Student will initiate communication about sexual concerns.
2. Student will learn about sexual behavior.
3. Student will demonstrate awareness of the preventative health responsibility of human sexuality.
4. Student will identify reasons and methods of birth control.
5. Student will demonstrate awareness of the social responsibility aspects of human sexuality.
6. Student will identify reproductive health problems through self-monitoring.