

Grades 3-5

Human Growth and Development ¹

Students will demonstrate the ability to apply their understanding of human growth and development, including awareness of their own and others', related to body systems.

- C** I can classify the major functions of the body systems, identify which body parts are in each system, and how to keep my body systems healthy. ^{1.C}
 - D** I can distinguish how the body systems mature and how heredity impacts growth and development. ^{1.D}
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Healthy Skills and Relationships ²

Students will demonstrate healthy relationships and interaction with others, utilize effective communication skills (verbal, non-verbal, and online), and differentiate between healthy and unhealthy behaviors, and how those behaviors impact relationships with peers and adults.

- C1** I can demonstrate appropriate verbal and nonverbal communication skills. ^{2.C1}
 - C2** I can compare behaviors that demonstrate respect as well as disrespect of self and others. ^{2.C2}
 - D1** I can predict consequences of healthy and unhealthy behaviors, including their impact on self and others. ^{2.D1}
 - D2** I can effectively communicate my thoughts and opinions to my peers in a healthy manner. ^{2.D2}
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Nutrition ³

Students will apply concepts of how food choices impact the overall health of self and others, and investigate how different types of eating disorders damage body systems.

- C** I can make healthy food choices based on nutritional information. ^{3.C}
 - D** I can discuss healthy and unhealthy food intake patterns and the consequences of both. ^{3.D}
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Alcohol, Tobacco, and Other Drugs ⁴

Students will investigate healthy and unhealthy behaviors related to alcohol, tobacco, and other drugs, while understanding the physical, psychological, and legal consequences for self and others.

- C** I can discuss avoidance strategies for alcohol, tobacco, and other drug use. ^{4.C}
 - D** I can discuss physical and psychological damage resulting from long-term use of alcohol, tobacco, and other drugs. ^{4.D}
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Personal Health and Safety 5

Students will promote physical, social, and emotional health for self and others.

- C1** I can develop strategies for lifetime behavior and activity that promote health and wellness. 5.C1
- C2** I can identify people and resources that promote health and safety. 5.C2
- C3** I can identify behaviors associated with physical, mental, and verbal abuse and resources that aid in avoiding them. 5.C3
- D1** I can recognize potentially abusive situations as a threat to personal safety. 5.D1