

Grade 5

Students will comprehend content related to health promotion and disease prevention to enhance health.

- 1 Identify short and long-term effects of alcohol use. 5.1.1
- 2 Describe the benefits of limiting the consumption of solid fat, added sugar and sodium and explain the concept of eating in moderation. 5.1.2
- 3 List physical and emotional reactions to stress and identify positive and negative ways of dealing with stress and anxiety. 5.1.3
- 4 Explain the difference between infectious and non- infectious diseases, as well as how to prevent and treat them. 5.1.4
- 5 Describe safety precautions for playing and working outdoors in different kinds of weather and climates. 5.1.5
- 6 Describe basic male and female reproductive body parts and their functions as well as the physical, social and emotional changes that occur during puberty. 5.1.6
- 7 Explain that tobacco use is an addiction that can be treated. 5.1.7
- 8 Explain why it is harmful to tease or bully others based on personal characteristics and describe examples of pro-social behaviors that help prevent violence. 5.1.8

Analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

- 1 Analyze how media influences thoughts and feelings concerning health behaviors. 5.2.1

Access valid information, products and services to enhance health.

- 1 Evaluate resources from school, home and community that provide valid health information. 5.3.1
- 2 Analyze the influences of family, culture, media and technology when accessing valid health information. 5.3.2

Use interpersonal communication skills to enhance health and avoid or reduce health risks.

- 1 Demonstrate verbal and non-verbal communication skills to enhance healthy behaviors for self and others. 5.4.1
- 2 Demonstrate healthy ways to manage or resolve conflict. 5.4.2

3 Demonstrate effective refusal skills that avoid or reduce health risks. 5.4.3

4 Demonstrate how to effectively ask for help in order to reduce physical, mental or emotional health risks. 5.4.4

5 Demonstrate how to communicate empathy and support for someone. 5.4.5

Use decision-making skills to enhance healthy behaviors.

1 Demonstrate decision-making skills needed to avoid unhealthy choices. 5.5.1

2 Analyze when assistance is, or is not, needed in making a health-related decision. 5.5.2

3 Demonstrate how community, school, media and technology influence a decision related to personal health. 5.5.3

Use goal-setting skills to enhance healthy behaviors.

1 Analyze and revise, if needed, long-term goals to include positive physical, mental or emotional health. 5.6.1

2 Analyze goals and the influence family, peers, community, media and technology have on those goals. 5.6.2

3 Analyze lifestyles, skills and resources to determine the effect they will have on the achievement and/or maintenance of long-term personal goals. 5.6.3

Practice health-enhancing behaviors and avoid or reduce health risks.

1 Analyze personal health practices and set goals to practice positive behaviors that affect physical, mental and emotional health. 5.7.1

2 Describe and demonstrate healthy practices and behaviors on a routine basis. 5.7.2

3 Describe health-enhancing practices and behaviors for physical, mental and emotional health. 5.7.3

Advocate for personal, family and community health.

1 Persuade others to engage in healthy behaviors through conversations, presentations and interactive media, using school and community resources. 5.8.1

2 Demonstrate how to advocate for others to make positive behavior choices to improve personal health and wellness. 5.8.2
