

Maryland Health Education

# Grade 5

**Students will comprehend concepts related to health promotion and disease prevention to enhance health, including:** 1

**a Mental and Emotional Health** 1A

Emotions

- 1 Explain what it means to be emotionally healthy. 1A.5.1
- 2 Evaluate appropriate ways to express emotions. 1A.5.2
- 3 Demonstrate helpful ways to manage strong emotions. 1A.5.3

Self and social awareness

- 4 Demonstrate respectful ways to show empathy to others. 1A.5.4
- 5 Describe how to recognize and build on personal strengths. 1A.5.5
- 6 Identify reasons for making positive contributions to others. 1A.5.6

Relationships

- 7 Describe the value of others' talents and strengths. 1A.5.7
- 8 Describe the characteristics of healthy and unhealthy relationships among friends and with family members. 1A.5.8

Trusted Adults

- 9 Explain how a trusted adult can support you or someone else with difficult emotions or situations. 1A.5.9

Stress and anxiety

- 10 Differentiate between positive and negative ways of dealing with stress and anxiety. 1A.5.10

Depression awareness

- 11 Explain that long-lasting troublesome feelings should be discussed with a trusted adult. 1A.5.11

Suicide prevention

- 12 Demonstrate how to tell a trusted adult if someone is in danger of hurting themselves or others. 1A.5.12

Teasing, bullying, harassment, discrimination, and violence

- 13 Explain why it is wrong to tease or bully others based on personal characteristics such as body type, race, gender, sexuality, appearance, mannerisms, and the way one dresses or acts. 1A.5.13
- 14 Demonstrate how to be a positive bystander in situations of conflict. 1A.5.14
- 15 Explain the impact of conflict, discrimination, and violence on mental and emotional health. 1A.5.15
- 16 Practice using non-violent means to solve interpersonal conflict. 1A.5.16

Body Image

- 17 Explain how peers, media, family, society, and culture influence ideas about body. 1A.5.17

Grief and loss

- 18 Identify that all people in a wide-range of situations commonly experience feelings and emotions associated with loss and grief. 1A.5.18
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**b Substance Abuse Prevention 1B**

Medicines

- 1 Analyze the potential risks associated with inappropriate use and abuse of prescription medicines including addiction. 1B.5.1

Household products

- 2 Review why products are harmful to self and others if absorbed, inhaled, or ingested. 1B.5.2

Alcohol, nicotine products, caffeine, and marijuana products

- 3 Review short and long-term effects of alcohol, nicotine, caffeine, and other products. 1B.5.3
- 4 Identify short and long-term effects of using marijuana products. 1B.5.4
- 5 Identify the negative consequences of using alcohol, nicotine products, marijuana products, opioids (including the lethal effects of fentanyl), and other drugs. 1B.5.5
- 6 Identify the benefits of being free from alcohol, opioid, nicotine products, marijuana products, and other drugs. 1B.5.6

Environmental literacy

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**c Family Life and Human Sexuality 1C**

Healthy relationships and consent

- 1 Explain the importance of talking with parents and other trusted adults about issues related to relationships, growth and development, and sexual health. 1C.5.1
- 2 Analyze the relationship between consent and personal boundaries. 1C.5.2

Gender identity and expression

Sexual orientation and identity

Puberty and adolescent sexual development

- 3 Describe the physical, social, and emotional changes that occur during puberty. 1C.5.3
- 4 Summarize that the onset and progression of puberty varies considerably. 1C.5.4
- 5 Describe human reproductive systems including medically accurate names for internal and external genitalia and their functions. 1C.5.5
- 6 Describe how puberty prepares human bodies for the potential to reproduce. 1C.5.6
- 7 Identify that reproduction requires that a sperm and egg join and implant. 1C.5.7

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## **d Safety and Violence Prevention** 1D

### Safety and injuries

- 1 Summarize safety rules for the home, vehicles, and community. 1D.5.1
- 2 List examples of dangerous or risky behaviors that might lead to injuries. 1D.5.2
- 3 Identify ways to reduce risk of injuries around water. 1D.5.3
- 4 Identify ways to protect vision and hearing from injury. 1D.5.4

### Accessing trusted adults

- 5 Explain the importance of sharing all information with parents, guardians, or trusted adults. 1D.5.5
- 6 Create a list of trusted people/community resources to notify or contact if assault or abuse occurs. 1D.5.6

### Discrimination and violence

- 12 Describe how participation in gangs and hate groups can lead to violence. 1D.5.12

### Safety, abuse and assault

- 13 Demonstrate refusal skills and other ways to take action if someone is talking to you or touching you in a way that makes you feel uncomfortable, unsafe, or disrespected. 1D.5.13
- 14 Define sexual mistreatment, grooming, harassment, abuse, assault, and exploitation. 1D.5.14
- 15 Identify strategies to respond to sexual mistreatment, grooming, harassment, abuse, assault, and exploitation. 1D.5.15

### Bystander intervention and compassion for victims

- 16 Demonstrate what to say and do when witnessing or experiencing potentially harmful or unsafe situations. 1D.5.16
- 17 Explain that sexual mistreatment, grooming, harassment, abuse, assault, and exploitation are never the fault of the victim. 1D.5.17

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**e Healthy Eating** 1E

Nutritious foods and beverages

- 1 Identify nutrients that should be consumed daily. 1E.5.1
- 2 Describe how different types of food work together to deliver nutrients to parts of the body. 1E.5.2

Water

- 3 Summarize the benefits of drinking water versus other beverages. 1E.5.3
- 4 Construct a nutritious eating plan utilizing school lunch and restaurant menus. 1E.5.4

Moderation and “all foods fit”

- 5 Evaluate the benefits of eating in moderation and in line with the idea that “all foods fit.” 1E.5.5

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**f Disease Prevention and Control** 1F

Disease Prevention

- 1 Explain how universal precautions are effective ways to prevent many infectious diseases. 1F.5.1

Hygiene

- 2 Summarize the benefits of personal health care practices. 1F.5.2

Food and illness

Sun

Sleep

Disease

- 3 Describe the difference between infectious and non-infectious diseases. 1F.5.3
- 4 Describe ways that common infectious diseases are transmitted. 1F.5.4
- 5 Describe the symptoms of someone who is seriously ill and needs immediate medical attention. 1F.5.5
- 6 Describe the importance of seeking help and treatment for common infectious diseases. 1F.5.6

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**Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.** 2

**a Describe how the family influences personal health practices and behaviors.** 2.E2.5.A

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**b Identify the influence of culture on health practices and behaviors.** 2.E2.5.B

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**c Identify how peers can influence healthy and unhealthy behaviors.** 2.E2.5.C

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**d Describe how the school and community can support personal health practices and behaviors.** 2.E2.5.D

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**e Explain how media influences thoughts, feelings, and health behaviors. 2.E2.5.E**

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**f Describe ways that technology can influence personal health. 2.E2.5.F**

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**Students will demonstrate the ability to access valid information, products, and services to enhance health. 3**

**a Identify characteristics of valid health information, products, and services. 3.E2.5.A**

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**b Locate resources from home, school, and community that provide valid health information. 3.E2.5.B**

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**Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. 4**

**a Demonstrate effective verbal and non-verbal communication skills to enhance health. 4.E2.5.A**

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**b Demonstrate refusal skills to avoid or reduce health risks. 4.E2.5.B**

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**c Demonstrate nonviolent strategies to manage or resolve conflict. 4.E2.5.C**

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**d Demonstrate how to ask for assistance to enhance personal health. 4.E2.5.D**

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**Students will demonstrate the ability to use decision-making skills to enhance health. 5**

**a Identify health-related situations that might require a thoughtful decision. 5.E2.5.A**

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**b Analyze when assistance is needed when making a health-related decision. 5.E2.5.B**

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**c List healthy options for health-related issues or problems. 5.E2.5.C**

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**d Predict the potential outcomes of each option when making a health-related decision. 5.E2.5.D**

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**e Choose a healthy option when making a decision. 5.E2.5.E**

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**f Describe the outcomes of a health-related decision. 5.E2.5.F**

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**Students will demonstrate the ability to use goal-setting skills to enhance health. 6**

**a Set a personal health goal and track progress toward its achievement. 6.E2.5.A**

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**b Identify resources to assist in achieving a personal health goal. 6.E2.5.B**

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**Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. 7**

**a Identify responsible personal health behaviors. 7.E2.5.A**

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**b Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health. 7.E2.5.B**

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**c Demonstrate a variety of behaviors that avoid or reduce health risks. 7.E2.5.C**

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**Students will demonstrate the ability to advocate for personal, family, and community health. 8**

**a Express opinions and give accurate information about health issues. 8.E2.5.A**

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**b Encourage others to make positive health choices. 8.E2.5.B**