

# Grade 5

## Wellness and Health Promotion WHP

- 1 Reflect on what the five dimensions of health (physical, social, emotional, mental, and environmental) look like for individuals, families, and communities.** 5.WHP.1

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- 2 Explain how vaccines work to prevent an illness and reduce severe symptoms.** 5.WHP.2

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- 3 Describe benefits of practicing health promoting behaviors.** 5.WHP.3

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- 4 Explain ways to engage in healthy practices and behaviors that prevent or reduce oral health risks, including brushing, flossing, reducing sugary drink consumption, wearing mouth guards, and visiting a dentist.** 5.WHP.4

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- 5 Practice how to talk to a healthcare provider about health concerns, including dental pain.** 5.WHP.5

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- 6 Evaluate health messages depicted in the media, including in social media and in advertisements.** 5.WHP.6

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- 7 Discuss how the location and environment of where people live can affect their health.** 5.WHP.7

## Safety and First Aid SFA

- 1 Compare and contrast safe and unsafe situations and events.** 5.SFA.1

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- 2 Discuss reasons why people take risks that may lead to injuries, including dental injury and concussions, and identify steps to avoid injuries.** 5.SFA.2

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- 3 Demonstrate first aid skills and skills for a range of common minor emergencies.** 5.SFA.3

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- 4 Demonstrate how to identify and communicate with trusted adults to keep people safe at home, at school, and in the community.** 5.SFA.4

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- 5 Explain the importance of being inclusive and affirming and making accessible accommodations for people with disabilities.** 5.SFA.5

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- 6 Discuss steps to take to prepare for natural disasters** 5.SFA.6

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- 7 Describe internet safety rules and how to respond to cyberbullying and exposure to inappropriate material.** 5.SFA.7

## Substance Use, Misuse, and Abuse SUB

- 1 Recognize that substances can be addictive and harmful for adolescents during physical and neurological development.** 5.SUB.1
- 2 Describe how alcohol, marijuana/cannabis, tobacco, and other substances impact the human body and brain, interpersonal relationships, and decision-making.** 5.SUB.2
- 3 Describe the appropriate use for over-the-counter and prescription medicines.** 5.SUB.3
- 4 Describe how substance use, misuse, and abuse can affect peoples' abilities to reach personal goals.** 5.SUB.4
- 5 Discuss ways that advertising can influence alcohol, marijuana/cannabis, and tobacco use.** 5.SUB.5
- 6 Demonstrate how to use decision making steps around substance use.** 5.SUB.6
- 7 Demonstrate refusal skills to avoid or reduce health risks around substance use.** 5.SUB.7
- 8 Identify trusted adults to talk to about substance use, misuse, and abuse.** 5.SUB.8
- 9 Identify school policies, local, state, and federal laws related to substance use.** 5.SUB.9

## Food, Nutrition, and Physical Activity FNP

- 1 Discuss the impact of food production and food waste on the environment.** 5.FNP.1
- 2 Demonstrate how to read food labels to determine nutrient, sugar, and sodium content.** 5.FNP.2
- 3 Describe nutrient dense breakfasts, meals, and snacks and their impact on growth, learning, and development.** 5.FNP.3
- 4 Compare and contrast the nutrition content of different beverages for hydration.** 5.FNP.4
- 5 Identify the basic functions of the skeletal and muscular systems.** 5.FNP.5
- 6 Identify how different factors impact decision-making around food, beverages, and physical activity.** 5.FNP.6
- 7 Illustrate and describe the pathway of food during the process of digestion.** 5.FNP.7
- 8 Demonstrate how to prepare a nutritious snack or meal using sanitary food preparation and storage practices.** 5.FNP.8

## Social, Emotional, and Mental Health SEM

- 1 TSEL Practice 5B Make informed choices and identify solutions for personal and social injustices after analyzing all types of information. 5.SEM.1
- 2 Reflect on external factors and systems that may contribute to stress and anxiety, including microaggressions, and identify coping strategies. 5.SEM.2
- 3 Identify the benefits of talking to trusted adults about feelings and thoughts. 5.SEM.3
- 4 Identify potential impacts of social media on mental health and body image. 5.SEM.4
- 5 Identify decision-making steps to take when deciding whether to share personal information about self or others on social media, considering the potential social, emotional, and mental health impacts. 5.SEM.5
- 6 Analyze the impact of identity-based bullying and violence on mental health. 5.SEM.6

## Healthy Relationships and Violence/Abuse Prevention HRVP

- 1 TSEL Practice 3C Foster a sense of belonging that cultivates acceptance, support, inclusion, and encouragement of others within a diverse community, while addressing the impact of systemic injustices across situations and environments. 5.HRVP.1
- 2 Describe how friendship and love can be expressed differently as children become adolescents. 5.HRVP.2
- 3 Identify characteristics of safe and equitable relationships. 5.HRVP.3
- 4 Explain the relationship between consent, personal boundaries, and bodily autonomy. 5.HRVP.4
- 5 Explain why it is harmful to tease or bully others based on personal abilities, characteristics, or identities. 5.HRVP.5
- 6 Define sexual harassment, trafficking, and domestic violence. 5.HRVP.6
- 7 Identify that abuse is never a child's fault and demonstrate how to communicate personal boundaries and report unsafe or unwanted touch. 5.HRVP.7

## Growth and Development GD

- 1 Describe the human sexual and reproductive system, including external and internal anatomy and basic functions. 5.GD.1
- 2 Examine the physical, social, and emotional changes during puberty and adolescence. 5.GD.2
- 3 Identify trusted adults, including parents, caregivers, and health care professionals, to ask questions about puberty and adolescent health. 5.GD.3

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**4 Describe the menstrual cycle and how menstrual products are used. 5.GD.4**

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**5 Define gender identity, gender expression, gender roles, and sex assigned at birth, and sexual orientation. 5.GD.5**

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**6 Identify trusted adults one could talk to about sexual orientation questions. 5.GD.6**

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**7 Describe how genetics can affect personal and family health. 5.GD.7**

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**Sexual and  
Reproductive  
Health** SRH

**1 Discuss different personal, familial, and cultural values about physical and emotional intimacy. 5.SRH.1**

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**2 Identify that pregnancy can occur in different ways, including sexual intercourse, insemination, in vitro fertilization, donor conception, and surrogacy. 5.SRH.2**

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**3 Define STIs, including HIV, and describe ways to prevent them, including abstinence and the human papillomavirus (HPV) vaccine. 5.SRH.3**