



The comprehensive health standards in the elementary years focus on developing individual skills to enhance physical, emotional, and social wellness and using those individual skills in family, school, and community environments. In each grade, the standards ask students to investigate healthy eating and living habits, explore positive communication strategies, examine effective decision-making, and identify ways to ensure personal and community safety.

Expectations for 5th Grade Students:

- **Physical and Personal Wellness:** Communicate personal health problems to establish and maintain personal health and wellness; describe the physical, social, and emotional changes occurring at puberty; explain the structure, function, and major parts of the human reproductive system; comprehend concepts, and identify strategies to prevent the transmission of disease; demonstrate the ability to engage in healthy eating behaviors.
- **Emotional and Social Wellness:** Analyze internal and external factors that influence mental and emotional health.
- **Prevention and Risk Management:** Access valid information about the effects of tobacco use and exposure to second-hand smoke, and prescription and over-the-counter drugs; demonstrate basic first aid and safety procedures; demonstrate behaviors that reduce the likelihood of physical fighting, violence, and bullying.

Throughout 5th Grade You May Find Students:

- Demonstrating the ability to make good decisions about healthy eating behaviors.
- Examining influences on the physical, social, and emotional changes that occur at puberty, including hormones, nutrition, and the environment.
- Utilizing interpersonal communication skills to talk about health conditions, the prevention of disease, and the importance of maintaining good health.
- Demonstrating tolerance, appreciation, and understanding of others.
- Examining research on the harmful effects of alcohol, tobacco, marijuana, and other drugs.
- Discussing bullying and violence and the emotional and physical consequences.
- Utilizing basic first aid training to facilitate a quick response in emergency situations; demonstrating the ability to call 911 and poison control dispatchers to help in an emergency situation.
- Identifying how society, media and the use of modern technology can influence mental and emotional health.