


**Kentucky Academic Standards for Health Education
Grade 5**

Standard 1	Content Comprehension	Performance Indicators
<p>Students will comprehend content related to health promotion and disease prevention to enhance health.</p>	<p>The acquisition of basic health content and functional health knowledge provides a foundation for promoting health-enhancing behaviors among Kentucky youth.</p>	<p>5.1.1. Identify short and long-term effects of alcohol use. 5.1.2. Describe the benefits of limiting the consumption of solid fat, added sugar and sodium and explain the concept of eating in moderation. 5.1.3. List physical and emotional reactions to stress and identify positive and negative ways of dealing with stress and anxiety. 5.1.4. Explain the difference between infectious and non-infectious diseases, as well as how to prevent and treat them. 5.1.5. Describe safety precautions for playing and working outdoors in different kinds of weather and climates.  5.1.7. Explain that tobacco use is an addiction that can be treated. 5.1.8. 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.</p>
Standard 2	Practices for Analyzing Influences	Performance Indicators
<p>Analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.</p>	<p>Health is affected by a variety of positive and negative influences: family, peers, community (including school), culture and media.</p>	<p>5.2.1. Analyze how media influences thoughts and feelings concerning health behaviors.</p>

Standard 3	Practices for Accessing Valid Information	Performance Indicators
Access valid information, products and services to enhance health.	Access to valid health information and health-promoting products and services is critical in the prevention, early detection and treatment of health problems.	<p>5.3.1. Evaluate resources from school, home and community that provide valid health information.</p> <p>5.3.2. Analyze the influences of family, culture, media and technology when accessing valid health information.</p>
Standard 4	Practices for Communication	Performance Indicators
Use interpersonal communication skills to enhance health and avoid or reduce health risks.	Effective communication enhances personal, family and community health.	<p>5.4.1. Demonstrate verbal and non-verbal communication skills to enhance healthy behaviors for self and others.</p> <p>5.4.2. Demonstrate healthy ways to manage or resolve conflict.</p> <p>5.4.3. Demonstrate effective refusal skills that avoid or reduce health risks.</p> <p>5.4.4. Demonstrate how to effectively ask for help in order to reduce physical, mental or emotional health risks.</p> <p>5.4.5. Demonstrate how to communicate empathy and support for someone.</p>
Standard 5	Practices for Decision-Making	Performance Indicators
Use decision-making skills to enhance health.	Decision-making skills are needed to identify, implement and sustain health-enhancing behaviors.	<p>5.5.1. Demonstrate decision-making skills needed to avoid unhealthy choices.</p> <p>5.5.2. Analyze when assistance is, or is not, needed in making a health-related decision.</p> <p>5.5.3. Demonstrate how community, school, media and technology influence a decision related to personal health.</p>

Standard 6	Practices for Goal-Setting	Performance Indicators
Use goal-setting skills to enhance health.	Goal setting skills are essential to help students identify, adopt and maintain healthy behaviors.	<p>5.6.1. Analyze and revise, if needed, long-term goals to include positive physical, mental or emotional health.</p> <p>5.6.2. Analyze goals and the influence family, peers, community, media and technology have on those goals.</p> <p>5.6.3. Analyze lifestyles, skills and resources to determine the effect they will have on the achievement and/or maintenance of long-term personal goals.</p>
Standard 7	Practices for Health-Enhancing Behaviors	Performance Indicators
Practice health-enhancing behaviors and avoid or reduce health risks.	Research confirms practicing health-enhanced behaviors can prevent many diseases and injuries and reduce harmful and risk-taking behaviors such as abuse and neglect, drug abuse, prescription drug abuse and sexual activity.	<p>5.7.1. Analyze personal health practices and set goals to practice positive behaviors that affect physical, mental and emotional health.</p> <p>5.7.2. Describe and demonstrate healthy practices and behaviors on a routine basis.</p> <p>5.7.3. Describe health-enhancing practices and behaviors for physical, mental and emotional health.</p>
Standard 8	Practices for Advocating	Performance Indicators
Advocate for personal, family and community health.	Advocacy skills help students promote healthy norms and healthy behaviors.	<p>5.8.1. Persuade others to engage in healthy behaviors through conversations, presentations and interactive media, using school and community resources.</p> <p>5.8.2. Demonstrate how to advocate for others to make positive behavior choices to improve personal health and wellness.</p>