

## FIFTH GRADE Health PRIORITY STANDARDS

<b>Wellness and Health Promotion (WHP)</b>	
5.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.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.7	Discuss how the location and environment of where people live can affect their health.
<b>Safety and First Aid (SFA)</b>	
5.SFA.4	Demonstrate how to identify and communicate with trusted adults to keep people safe at home, at school, and in the community.
5.SFA.5	Explain the importance of being inclusive and affirming and making accessible accommodations for people with disabilities.
5.SFA.7	Describe internet safety rules and how to respond to cyberbullying and exposure to inappropriate material.
<b>Substance Use, Misuse, and Abuse (SUB)</b>	
5.SUB.1	Recognize that substances can be addictive and harmful for adolescents during physical and neurological development.
5.SUB.7	Demonstrate refusal skills to avoid or reduce health risks around substance use.
<b>Food, Nutrition, and Physical Activity (FNP)</b>	
5.FNP.6	Identify how different factors impact decision-making around food, beverages, and physical activity.
5.FNP.8	Demonstrate how to prepare a nutritious snack or meal using sanitary food preparation and storage practices.
<b>Social, Emotional, and Mental Health (SEM)</b>	
5.SEM.4	Identify potential impacts of social media on mental health and body image.
5.SEM.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.
<b>Healthy Relationships and Violence/Abuse Prevention (HRVP)</b>	
5.HRVP.4	Explain the relationship between consent, personal boundaries, and bodily autonomy.
5.HRVP.7	Identify that abuse is never a child's fault and demonstrate how to communicate personal boundaries and report unsafe or unwanted touch.
<b>Growth and Development (GD)</b>	
5.GD.1	Describe the human sexual and reproductive system, including external and internal anatomy and basic functions.
5.GD.2	Examine the physical, social, and emotional changes during puberty and adolescence.
5.GD.7	Describe how genetics can affect personal and family health.
<b>Sexual and Reproductive Health (SRH)</b>	
5.SRH.2	Identify that pregnancy can occur in different ways, including sexual intercourse, insemination, in vitro fertilization, donor conception, and surrogacy.