

Grade 5

The Half Year Curriculum is in **bold. The Full-year Curriculum includes all lessons below.**

Unit	Content
Introduction to Health	<ol style="list-style-type: none"> 1. Introduction to Health; Community Building
Identity and Values	<ol style="list-style-type: none"> 1. Identity and Values 2. Social Identity and Your Community 3. All Bodies Are Good Bodies
Decision-Making, Communication, and Personal Safety	<ol style="list-style-type: none"> 1. Decision-Making 2. Consent 3. Personal Body Safety 4. Advocating For Yourself 5. Internet Safety
Puberty, Sexuality and Reproductive Health	<ol style="list-style-type: none"> 1. Reproductive Anatomy 2. Puberty, Hormones, and Menstruation 3. Puberty and Hygiene 4. Reproduction
Mental Health	<ol style="list-style-type: none"> 1. Mental Health and Getting Help 2. Mental Health vs. Mental Illness 3. Addiction and Mental Health 4. Self Care 5. Managing and Reducing Stress 6. Anxiety 7. Depression and Getting Help 8. Sleep Hygiene
Food is Fuel	<ol style="list-style-type: none"> 1. Balance 2. The Foods We Eat (And Don't Eat): Analyzing Influences 3. Food Insecurity and Hunger
Body Systems	<ol style="list-style-type: none"> 1. Nervous System and Emotional Response 2. Endocrine System 3. Immune System