Alabama Health Education

Grade 5

Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Health Promotion

Health Behaviors

1 Draw conclusions about the relationship between healthy behaviors and personal health. 5.1.1

Nutrition &

2 Utilize information on various food labels to determine nutritional value. 5.1.2

Drug Awareness

3 Research illnesses and diseases associated with the use and abuse of tobacco, drugs, and alcohol. 5.1.3

Hygiene

4 Develop strategies and skills used to promote personal hygiene. 5.1.4

Disease Prevention & Health Care

5 Identify signs, symptoms, and risk factors for cancer, heart disease, obesity, and diabetes. 5.1.5

Safety

6 Design a personal and class safety plan. Examples: home safety plan, fire drill, active shooter drill 5.1.6

Dimensions of Health

7 Design a personal health plan utilizing the six dimensions of health. 5.1.7

Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Analyzing Influences

Family, Peer, & Culture

1 Describe how the school and community can support personal health practices and behaviors. 5.2.1

a Describe how positive and negative influences from family, peers, and culture affect adolescents' body acceptance during the changes of puberty. 5.2.1A

Media & Technology

2 Describe ways that technology can influence personal health. Example: step tracker device, heart rate monitor, blood sugar monitor 5.2.2

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demonstrate the ability

to access valid information, products, and services to enhance health.	Information, Products, & Services 1 Collect information about health choices from home, school, and community. Examples: DARE, SADD, MADD, health-related agencies 5.3.1 2 Research factors to consider when selecting health products. Examples: cost, safety, effectiveness, side effects 5.3.2
Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	**Interpersonal Communication** Social 1 Utilize effective verbal and nonverbal communication skills to build and maintain relationships and enhance health. 5.4.1 Emotions & Feelings 2 Compare positive and negative ways to respond to conflict and bullying. 5.4.2 Conflict Resolution 3 Develop a class plan to prevent bullying in the school. 5.4.3 Refusal Skills 4 Apply risk reduction behaviors to protect self and others from use of alcohol, tobacco, and other drugs. 5.4.4 5 Apply the practice of keeping personal information private while online. 5.4.5
Students will demonstrate the ability to use decision-making skills to enhance health.	**Decision -Making** Problem Solving 1 Predict the potential outcomes of possible options when making a health-related decision. Examples: sickness, death, suicide 5.5.1
Students will demonstrate the ability to use goal-setting skills to enhance health.	**Goal -Setting** Self-Awareness 1 Create a personal health goal and track progress toward its achievement. 5.6.1 Problem-Solving 2 Identify resources in the school that may assist with achieving personal health goals. 5.6.2
Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.	**Self-Management** Monitor Progress 1 Implement a variety of healthy practices and behaviors that avoid or reduce health risks. Example: executing a plan to manage academic, extracurricular, and family 5.7.1 Injury Prevention 2 Propose safety precautions for Internet use and electronic gaming. 5.7.2

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Students will demonstrate the ability to advocate for personal, family, and community health.

Advocacy

Promote Healthy Habits

1. Implement a school health improvement project. Example: participating in the development of a school wellness policy, conducting survey of school health issues `5.8.1`