

Grade 5

Resiliency HE.5.R

Standard 1 Character HE.5.R.1

- 1 Discuss how to work together to achieve a positive outcome. HE.5.R.1.1
 - 2 Identify how to communicate effectively within a group. HE.5.R.1.2
 - 3 Describe the importance of considering the perspective of others when communicating. HE.5.R.1.3
 - 4 Discuss ways that honesty and trustworthiness can lead to school and career success. HE.5.R.1.4
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Standard 2 Personal Responsibility HE.5.R.2

- 1 Describe the importance of having the courage to do the right thing even when it is difficult. HE.5.R.2.1
 - 2 Discuss how responsible decision-making affects personal well-being. HE.5.R.2.2
 - 3 Select reliable resources that would assist in achieving a personal goal. HE.5.R.2.3
 - 4 Devise an individual goal (short or long term) to adopt, maintain, or improve a personal practice. HE.5.R.2.4
 - 5 Explain how attitudes and thoughts can influence your behavior and affect others. HE.5.R.2.5
 - 6 Demonstrate how to positively respond to external influences. HE.5.R.2.6
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Standard 3 Mentorship and Citizenship HE.5.R.3

- 1 Identify leadership skills that encourage and empower others. HE.5.R.3.1
 - 2 Identify ways to participate in decision-making in the school or community. HE.5.R.3.2
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Standard 4 Critical Thinking and Problem Solving HE.5.R.4

- 1 Apply organizational strategies that support completing multiple tasks efficiently. HE.5.R.4.1
 - 2 Identify successful strategies for adjusting to change and setbacks. HE.5.R.4.2
 - 3 Compare conflict resolution methods to identify potential solutions. HE.5.R.4.3
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Personal Health Concepts HE.5.PHC

Standard 1 Core Concepts HE.5.PHC.1

- 1 Demonstrate the physical and mental dimensions of health. HE.5.PHC.1.1
 - 2 Explain ways you can prevent personal injuries. HE.5.PHC.1.2
 - 3 Explain how human body parts and organs work together in healthy body systems, including the endocrine and reproductive systems. HE.5.PHC.1.3
 - 4 Describe the relationship between healthy behaviors and personal health. HE.5.PHC.1.4
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Standard 2 Internal and External Influence HE.5.PHC.2

- 1 Explain how outside influences, including family and friends, affect health practices and behaviors. HE.5.PHC.2.1
 - 2 Explain ways a safe, healthy home and school environment promote personal health. HE.5.PHC.2.2
 - 3 Explain how technology influences personal thoughts, feelings, and health behaviors. HE.5.PHC.2.3
 - 4 Discuss how media/social media influences personal and family health behaviors. HE.5.PHC.2.4
 - 5 Identify the legal and social consequences of inappropriate social media use. HE.5.PHC.2.5
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Standard 3 Prevention and Decision Making HE.5.PHC.3

- 1 Analyze when assistance is needed when making a health-related decision. HE.5.PHC.3.1
 - 2 Select a healthy option when making decisions for yourself to maintain or improve personal health and reduce health risks. HE.5.PHC.3.2
 - 3 Compare the potential short-term impact of each option on self and others when making a health-related decision. HE.5.PHC.3.3
 - 4 Develop a personal health goal and track progress toward achievement. HE.5.PHC.3.4
 - 5 Summarize healthy options to health-related issues or problems. HE.5.PHC.3.5
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Standard 4 Advocacy HE.5.PHC.4

- 1 Evaluate appropriate responses to unwanted, unsafe, and threatening situations. HE.5.PHC.4.1
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Community and Environmental Health HE.5.CEH

Standard 1 Core Concepts HE.5.CEH.1

- 1 Compare and contrast how healthy and unhealthy behaviors impact the community. HE.5.CEH.1.1

- 2 Explain common childhood health conditions and their impact on school and community environments. [HE.5.CEH.1.2](#)
 - 3 Explain how community health can be impacted by internet and social media in the community. [HE.5.CEH.1.3](#)
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Standard 2 Internal and External Influence [HE.5.CEH.2](#)

- 1 Give examples of school and public health policies that influence health promotion and disease prevention. [HE.5.CEH.2.1](#)
 - 2 Investigate influences that change health beliefs and behaviors. [HE.5.CEH.2.2](#)
 - 3 Determine how media/social media influences health behaviors and the selection of health information, products, and services. [HE.5.CEH.2.3](#)
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Standard 3 Prevention and Decision Making [HE.5.CEH.3](#)

- 1 Research community resources available to prevent common childhood injuries and health problems. [HE.5.CEH.3.1](#)
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Standard 4 Advocacy [HE.5.CEH.4](#)

- 1 Persuade others to make positive health choices. [HE.5.CEH.4.1](#)
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**Consumer
Health** [HE.5.CH](#)

Standard 1 Core Concepts [HE.5.CH.1](#)

- 1 Discuss characteristics of valid health information, products, and services. [HE.5.CH.1.1](#)
 - 2 Research resources from home, school, and the community that provide valid health information. [HE.5.CH.1.2](#)
 - 3 Recognize appropriate health care products and services in the community. [HE.5.CH.1.3](#)
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Standard 2 Internal and External Influence [HE.5.CH.2](#)

- 1 Identify ways health messages and communication [HE.5.CH.2.1](#)
 - 2 Select reliable resources that would assist in achieving a personal health goal. [HE.5.CH.2.2](#)
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Standard 3 Prevention and Decision Making [HE.5.CH.3](#)

- 1 Evaluate criteria for selecting health resources, products, and services. [HE.5.CH.3.1](#)
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Standard 4 Advocacy [HE.5.CH.4](#)

- 1 Develop a plan as a class to champion healthy school environments. [HE.5.CH.4.1](#)