Georgia Health Education

Grade 5

Adopted 2021

Fifth Grade (17.00600)

1. **Comprehend concepts related to health promotion and disease prevention to enhance health.** HE5.1
   a. Recognize the relationship between healthy behaviors and disease prevention. HE5.1.A
   b. Describe and apply the basic personal health concepts of healthy eating and physical activity. HE5.1.B
   c. Describe and apply the basic health concept of mental and emotional well-being. HE5.1.C
   d. Describe and apply the basic health concept of personal hygiene and safety. HE5.1.D
   e. Distinguish the short and long-term physical effects of use and/or misuse of substances. HE5.1.E
   f. Identify trusted adults and when it might be important to seek health care or emergency help for themselves or others. HE5.1.F
   g. Identify the changes that occur during puberty. HE5.1.G
   h. Distinguish between tattling, reporting aggression, bullying, cyberbullying, and violence (physical and/or sexual) and how to report these instances. HE5.1.H
   i. Identify strategies to avoid physical fighting and violence. HE5.1.I

2. **Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.** HE5.2
   a. Evaluate the influence of family and peers on personal health behaviors and decisions. HE5.2.A
   b. Describe how the school and community can support personal health practices and behaviors. HE5.2.B
   c. Explain how media/technology influences thoughts, feelings, and health behaviors. HE5.2.C

3. **Demonstrate the ability to access valid information, products, and services to enhance health.** HE5.3
   a. Identify the characteristics of valid health information, products, and services. HE5.3.A
   b. Access resources from home, school, and community that provide valid health information. HE5.3.B

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c. Assess the characteristics of valid health information, products, and services. HE5.3.C

4. **Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.** HE5.4
   a. Apply effective verbal and nonverbal communication skills to enhance health. HE5.4.A
   b. Model effective nonviolent strategies to manage or resolve conflicts. HE5.4.B
   c. Demonstrate how to ask for assistance to enhance personal health and the health of others. HE5.4.C

5. **Demonstrate the ability to use decision-making skills to enhance health.** HE5.5
   a. Identify health-related situations that might require a thoughtful decision. HE5.5.A
   b. List healthy options and possible consequences to a health-related issue or problem. HE5.5.B
   c. Predict the potential outcomes of each option when making a health-related decision. HE5.5.C
   d. Analyze when assistance is needed in making a health-related decision. HE5.5.D
   e. Choose a healthy option when making a decision. HE5.5.E
   f. Describe the outcomes of a health-related decision. HE5.5.F

6. **Demonstrate the ability to use goal-setting skills to enhance health.** HE5.6
   a. Set a personal health goal and track progress toward its achievement. HE5.6.A
   b. Identify and utilize resources to assist in achieving a personal health goal. HE5.6.B

7. **Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.** HE5.7
   a. Practice responsible personal health choices. HE5.7.A
   b. Demonstrate a variety of healthy choices and behaviors to preserve or enhance personal health. HE5.7.B
   c. Model a variety of behaviors that prevent or decrease health risks to self and/or others. HE5.7.C

8. **Demonstrate the ability to advocate for personal, family, and community health.** HE5.8
   a. Review accurate information and develop an opinion about a health issue. HE5.8.A
   b. Advocate for positive health choices. HE5.8.B