North Carolina Health Education

Fifth Grade

Mental and Emotional Health

1 **Summarize strategies to address persistent, challenging, or negative thoughts and emotions.** 5.MEH.1

- 1 Identify ways to cope with challenging situations. 5.MEH.1.1
- 2 Identify a parent, guardian, or trusted adult to talk with about feelings. 5.MEH.1.2
- 2 Describe how the expression of emotions or feelings can help or hurt oneself or others. 5.MEH.1.3

2 **Investigate positive stress management strategies.** 5.MEH.2

- 1 Compare and contrast personal current and newly identified stress management strategies. 5.MEH.2.1
- 2 Implement new positive stress management strategies. 5.MEH.2.2

3 **Develop growth mindset strategies for everyday problems.** 5.MEH.3

- 1 Explain how practicing a growth mindset can help solve challenging problems. 5.MEH.3.1
- 2 Explain the importance of adjusting strategies and persistent effort to solve problems. 5.MEH.3.2

Personal and Consumer Health

1 **Utilize personal behaviors and practices that promote health and prevent disease.** 5.PCH.1

- 1 Develop a personal hygiene plan. 5.PCH.1.1
- 2 Outline personal strategies to obtain sufficient sleep and regular physical activity. 5.PCH.1.2
- 3 Discuss the benefits of sunlight, and the importance of taking measures to prevent sunburn. 5.PCH.1.3

2 **Understand necessary steps to prevent and respond to unintentional injury.** 5.PCH.2

- 1 Implement safety strategies to avoid causing injury to self and others. 5.PCH.2.1

3 **Understand body systems and organs, functions, and their care.** 5.PCH.3

- 1 Summarize the functions of the organs which make up the digestive system. 5.PCH.3.1
- Interpret the relationship between and among the vessels and organs of the circulatory system. 5.PCH.3.2

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Interpersonal Communications and Healthy Relationships

1. **Analyze healthy and effective interpersonal communications and relationships to enhance wellbeing.** 5.ICHR.1
    1. Recognize the dangers of communicating with known and unknown peers and adults within the community and online. 5.ICHR.1.1
    2. Identify a parent, guardian, or trusted adult and resources for assistance with unhealthy communication with peers, adults, and strangers within the community and online. 5.ICHR.1.2
    3. Categorize the factors of a healthy relationship with peers, family, and adults. 5.ICHR.1.3
    4. Model appropriate strategies for conflict resolution for conflict/bullying. 5.ICHR.1.4
2. **Summarize the changes that occur during puberty and adolescence.** 5.ICHR.2
    1. Define physical, mental-emotional, and cognitive changes. 5.ICHR.2.1
    2. Identify valid accurate sources of information about puberty and development. 5.ICHR.2.2
    3. Explain physical changes during puberty. 5.ICHR.2.3
    4. Identify how peers, adults, resources, and cultural influences can impact behavioral choices and feelings during puberty. 5.ICHR.2.4
    5. Analyze media messages as they relate to their influence on perceptions about desirable bodies. 5.ICHR.2.5

Nutrition and Physical Activity

1. **Use tools and resources to interpret nutrition information.** 5.NPA.1
    1. Name the primary nutrients that each food group provides. 5.NPA.1.1
    2. Using the USDA Food Groups plan a meal with 3-5 food groups included. 5.NPA.1.2
    3. Calculate nutrients based on the components of a Nutrition Facts label. 5.NPA.1.3
2. **Investigate external factors that affect which foods we eat.** 5.NPA.2
    1. Describe how family and culture influence food choices, other eating practices, and enjoyment of food. 5.NPA.2.1
    2. Describe how school and community settings influence food choices and other eating practices and behaviors. 5.NPA.2.2
    3. Describe how media/technology influence what and how we eat. 5.NPA.2.3
3. **Evaluate the benefits of different activities for your body to promote wellness.** 5.NPA.3
    1. Develop a plan to implement a variety of physical activities into your daily routine that includes warm-up, stretching, and proper hydration. 5.NPA.3.1

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Inderstand health risks associated with using alcohol, nicotine, cannabis, and other drugs. 5.ANCOD.1

Drugs

1. Explain the short-term and long-term effects of alcohol, nicotine, and cannabis misuse. 5.ANCOD.1.1
2. Understand the effects of alcohol, nicotine, cannabis, and other drug misuse on others. 5.ANCOD.1.2

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2 Recognize why people misuse alcohol, nicotine, cannabis, and other drug products. 5.ANCOD.2

1. Identify personal and societal influences to use alcohol, nicotine, cannabis, and other drug products. 5.ANCOD.2.1
2. Analyze the use of various marketing strategies to influence people to use alcohol, nicotine, cannabis, and other drug products. 5.ANCOD.2.2

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3 Apply risk reduction behaviors to protect oneself and others from alcohol, nicotine, cannabis, and other drug misuse. 5.ANCOD.3

1. Use refusal skills to resist the pressure to experiment with alcohol, nicotine, cannabis, and other drugs. 5.ANCOD.3.1
2. Create a plan for maintaining a drug-free lifestyle that includes challenges to the plan and ways of overcoming the challenges. 5.ANCOD.3.2