Oregon Health

Grade 5

Wellness and Health Promotion WHP

1. Reflect on what the five dimensions of health (physical, social, emotional, mental, and environmental) look like for individuals, families, and communities. 5.WHP.1
2. Explain how vaccines work to prevent an illness and reduce severe symptoms. 5.WHP.2
3. Describe benefits of practicing health promoting behaviors. 5.WHP.3
4. Explain ways to engage in healthy practices and behaviors that prevent or reduce oral health risks, including brushing, flossing, reducing sugary drink consumption, wearing mouth guards, and visiting a dentist. 5.WHP.4
5. Practice how to talk to a healthcare provider about health concerns, including dental pain. 5.WHP.5
6. Evaluate health messages depicted in the media, including in social media and in advertisements. 5.WHP.6
7. Discuss how the location and environment of where people live can affect their health. 5.WHP.7

Safety and First Aid SFA

1. Compare and contrast safe and unsafe situations and events. 5.SFA.1
2. Discuss reasons why people take risks that may lead to injuries, including dental injury and concussions, and identify steps to avoid injuries. 5.SFA.2
3. Demonstrate first aid skills and skills for a range of common minor emergencies. 5.SFA.3
4. Demonstrate how to identify and communicate with trusted adults to keep people safe at home, at school, and in the community. 5.SFA.4
5. Explain the importance of being inclusive and affirming and making accessible accommodations for people with disabilities. 5.SFA.5
6. Discuss steps to take to prepare for natural disasters 5.SFA.6
7. Describe internet safety rules and how to respond to cyberbullying and exposure to inappropriate material. 5.SFA.7

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Substance Use, Misuse, and Abuse SUB	1	**Recognize that substances can be addictive and harmful for adolescents during physical and neurological development.** 5.SUB.1
	2	**Describe how alcohol, marijuana/cannabis, tobacco, and other substances impact the human body and brain, interpersonal relationships, and decision-making.** 5.SUB.2
	3	**Describe the appropriate use for over-the-counter and prescription medicines.** 5.SUB.3
	4	**Describe how substance use, misuse, and abuse can affect peoples' abilities to reach personal goals.** 5.SUB.4
	5	**Discuss ways that advertising can influence alcohol, marijuana/cannabis, and tobacco use.** 5.SUB.5
	6	**Demonstrate how to use decision making steps around substance use.** 5.SUB.6
	7	**Demonstrate refusal skills to avoid or reduce health risks around substance use.** 5.SUB.7
	8	**Identify trusted adults to talk to about substance use, misuse, and abuse.** 5.SUB.8
	9	**Identify school policies, local, state, and federal laws related to substance use.** 5.SUB.9
Food, Nutrition, and Physical Activity FNP	1	**Discuss the impact of food production and food waste on the environment.** 5.FNP.1
	2	**Demonstrate how to read food labels to determine nutrient, sugar, and sodium content.** 5.FNP.2
	3	**Describe nutrient dense breakfasts, meals, and snacks and their impact on growth, learning, and development.** 5.FNP.3
	4	**Compare and contrast the nutrition content of different beverages for hydration.** 5.FNP.4
	5	**Identify the basic functions of the skeletal and muscular systems.** 5.FNP.5
	6	**Identify how different factors impact decision-making around food, beverages, and physical activity.** 5.FNP.6
	7	**Illustrate and describe the pathway of food during the process of digestion.** 5.FNP.7
	8	**Demonstrate how to prepare a nutritious snack or meal using sanitary food preparation and storage practices.** 5.FNP.8

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Social, Emotional, and Mental Health SEM	1	**TSEL Practice 5B Make informed choices and identify solutions for personal and social injustices after analyzing all types of information.** 5.SEM.1
	2	**Reflect on external factors and systems that may contribute to stress and anxiety, including microaggressions, and identify coping strategies.** 5.SEM.2
	3	**Identify the benefits of talking to trusted adults about feelings and thoughts.** 5.SEM.3
	4	**Identify potential impacts of social media on mental health and body image.** 5.SEM.4
	5	**Identify decision-making steps to take when deciding whether to share personal information about self or others on social media, considering the potential social, emotional, and mental health impacts.** 5.SEM.5
	6	**Analyze the impact of identity-based bullying and violence on mental health.** 5.SEM.6
Healthy Relationships and Violence/Abuse Prevention HRVP	1	**TSEL Practice 3C Foster a sense of belonging that cultivates acceptance, support, inclusion, and encouragement of others within a diverse community, while addressing the impact of systemic injustices across situations and environments.** 5.HRVP.1
	2	**Describe how friendship and love can be expressed differently as children become adolescents.** 5.HRVP.2
	3	**Identify characteristics of safe and equitable relationships.** 5.HRVP.3
	4	**Explain the relationship between consent, personal boundaries, and bodily autonomy.** 5.HRVP.4
	5	**Explain why it is harmful to tease or bully others based on personal abilities, characteristics, or identities.** 5.HRVP.5
	6	**Define sexual harassment, trafficking, and domestic violence.** 5.HRVP.6
	7	**Identify that abuse is never a child's fault and demonstrate how to communicate personal boundaries and report unsafe or unwanted touch.** 5.HRVP.7
Growth and Development GD	1	**Describe the human sexual and reproductive system, including external and internal anatomy and basic functions.** 5.GD.1
	2	**Examine the physical, social, and emotional changes during puberty and adolescence.** 5.GD.2
	3	**Identify trusted adults, including parents, caregivers, and health care professionals, to ask questions about puberty and adolescent health.** 5.GD.3

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	4 **Describe the menstrual cycle and how menstrual products are used.** 5.GD.4
	5 **Define gender identity, gender expression, gender roles, and sex assigned at birth, and sexual orientation.** 5.GD.5
	6 **Identify trusted adults one could talk to about sexual orientation questions.** 5.GD.6
	7 **Describe how genetics can affect personal and family health.** 5.GD.7
Sexual and Reproductive Health SRH	1 **Discuss different personal, familial, and cultural values about physical and emotional intimacy.** 5.SRH.1
	2 **Identify that pregnancy can occur in different ways, including sexual intercourse, insemination, in vitro fertilization, donor conception, and surrogacy.** 5.SRH.2
	3 **Define STIs, including HIV, and describe ways to prevent them, including abstinence and the human papillomavirus (HPV) vaccine.** 5.SRH.3