

# Comprehensive Health Fifth Grade

## Utilizing information to understand and manage change

### Understanding the body system

puberty changes the body, hygiene practices, thoughts, and emotions

anatomy and physiology of the reproductive system and process

communicable vs. non-communicable disease transmission, prevention, and management, including HIV

eating behaviors effects on health

### Communicating for self management

avoiding tobacco products and exposure to tobacco smoke

committing to choose and request nutritious foods

discussing health and violence problems with trusted adults

applying basic first aid and safety procedures in emergency situations

avoiding situations that could lead to injury

### Accessing and using valid information

animal and insect bite prevention and first aid procedures

adults to discuss health problems

nutrition guidelines and standards for meal planning

disordered eating vs. eating disorders

over-the-counter drugs

tobacco and second hand smoke

### Analyzing internal, media, society, family, and/or peer influences

mental and emotional health

media portrayal of feelings

violent and nonviolent behaviors

health care products and hygiene practices

timing of puberty

### Realizing the consequences

tobacco use and exposure to tobacco smoke

bullying in the short and long term

HIV contraction

#### KEY:

- Unifying Theme
- Organizing Concept
- Supporting Concept

#### ICON KEY: Prepared Graduate Competencies

- Healthy Eating
- Sexual Health
- Health Promotion
- Emotional and Social Wellness
- Alcohol, Tobacco, and Drug Prevention
- Violence-free Relationships
- Safety