

## Health Education: Grade 5

### Health Literacy Skills

- Accesses valid health information
- Practices health-enhancing behaviors
- Analyzes influences on health
- Uses interpersonal communications skills to enhance health
- Uses goal-setting and decision-making skills to enhance health
- Advocates for health

### Personal and Community Health

- Explains the proper use of personal care and grooming products for adolescents
- Compares and contracts practices for preventing disease and infection
- Analyzes the impact of communicable diseases on the community and environment

### Safety and Injury Prevention

- Demonstrates first-aid skills
- Explains ways to avoid and reduce threatening situations
- Models conflict resolution techniques to prevent violence

### Nutrition and Physical Activity

- Analyzes information on comparable food labels
- Describes how culture, peer, and social influences affect food choices
- Describes safe and healthful food handling and preparation practices

### Mental Health

- Identifies factors contributing to positive self-image and healthful friendships  
Identifies strategies for reducing stress
- Identifies effective verbal and nonverbal communication skills

### Alcohol, Tobacco, and Other Drugs

- Describes the short- and long-term effects of abuse of tobacco and other drugs
- Explains reasons for drug use and ways for getting help
- Distinguishes ways to say no to varied pressure to use drugs, alcohol, or tobacco products

### Family Life and Human Sexuality

- Analyzes the physical and emotional changes related to puberty
- Describes ways to maintain open communication with family members D
- Determines ways to communicate care and consideration in family and peer relationships