

Course Name: Grade 5 - Health

Course #: E8502

Course Proficiencies: The following list of proficiencies describes what students are expected to know and be able to do as a result of successfully completing this course. The proficiencies are the basis of assessment of student achievement. The learner will demonstrate the ability to:

Personal Growth and Development

- A. Identify the qualities of trusted adults whom students can talk to about relationships, ask questions about puberty, and adolescent health. 2.1.5.PGD.5
- B. Explain human reproduction and the range of ways individuals become parents. 2.1.5.PP.1; 2.1.5.PP.2
- C. Discuss how puberty is a time of physical, social, and emotional changes and how these changes influence personal self-care. 2.1.5.PGD.2; 2.1.5.PGD.3; 2.1.5.PGD.4

Alcohol, Tobacco and Other Drugs

- A. Identify products and describe health concerns and behaviors associated with alcohol, tobacco products, and drugs. 2.3.5.ATD.1; 2.3.5.ATD.2
- B. Identify the various types of resources that are available in the community and online to assist individuals who struggle with alcohol, tobacco, and drug use/abuse. 2.3.5.ATD.3; 2.3.5.DSDT.5

Social and Emotional Health

- A. Demonstrate ways to ensure all individuals feel welcome and included, regardless of their race, religion, differing ability, socio-economic status, gender, gender expression, sexual orientation, family configuration, immigration status, or ethnicity. 2.1.5.SSH.1; 2.1.5.SSH.2

Personal Safety

- A. Demonstrate how to set healthy boundaries, how to say no, and what to do when feeling uncomfortable or in an unsafe situation. 2.3.5.PS.6
- B. Identify feelings and needs behind conflict within families. 2.3.5.PS.5

Community Health Services and Support

- A. Describe how business, non-profit organizations, and individuals can work cooperatively on problems that are affected by global issues, including climate change. 2.1.5.CHSS.2