

# Grade 5

Adopted 2016

**Comprehend concepts related to health promotion and disease prevention to enhance personal health.**

- 1. Explaining the relationship between healthy behaviors and personal health; A.5.1**

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- 2. Describing personal health enhancing strategies that encompass substance abuse prevention, nutrition, exercise, injury and disease prevention and stress management, including traditional and contemporary strategies from American Indian cultures; A.5.2**

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- 3. Identifying potential consequences of engaging in risky behaviors; A.5.3**

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- 4. Identifying examples of physical, mental, emotional, family and social health, including those of traditional and contemporary American Indian cultures and practices; A.5.4**

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- 5. Explaining practices used to prevent or reduce the risk of spreading or contracting communicable diseases; A.5.5**

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- 6. Discussing ways environmental factors affect health; A.5.6**

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- 7. Describing ways in which safe and healthy school and community environments can promote personal health; A.5.7**

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- 8. Describing ways to prevent and treat common childhood injuries and health problems; A.5.8**

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- 9. Giving examples of health care and their benefits, including the unique issues regarding American Indians and health care benefits; and A.5.9**

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- 10. Identifying the basic structure and function of the major human body systems, including growth and development and the reproductive system. A.5.10**

**Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.**

- 1. Examining how family and culture influence personal health practices and behaviors; B.5.1**

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- 2. Identifying how peers can influence healthy and unhealthy behaviors; B.5.2**

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- 3. Describing how the school, tribe, and community can support personal health practices and behaviors; B.5.3**

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- 4. Explaining how media influences thoughts, feelings, and health behaviors; B.5.4**

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**5. Discussing ways that technology can influence personal health; and** B.5.5

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**6. Explaining how school, public, and tribal health policies can influence health promotion and disease prevention.** B.5.6

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**Demonstrate the ability to access valid information, products, and services to enhance health.**

- 1. Identifying characteristics of valid health information, products, and services; and** C.5.1
  - 2. Locating resources from home, school, tribe, and community that provide valid health information.** C.5.2
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**Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.**

- 1. Using effective verbal and nonverbal communication skills to enhance health, including those of traditional and contemporary American Indian cultures and practices;** D.5.1
  - 2. Using refusal skills that avoid or reduce health risks;** D.5.2
  - 3. Using nonviolent strategies to manage or resolve conflict; and** D.5.3
  - 4. Discussing how to ask for assistance to enhance the health and safety of self and others.** D.5.4
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**Demonstrate the ability to use decision-making skills to enhance health and safety.**

- 1. Identifying health-related situations that might require thoughtful decisions;** E.5.1
  - 2. Analyzing when assistance is needed in making safety and health-related decisions;** E.5.2
  - 3. Comparing and contrasting healthy options to safety and health-related issues or problems;** E.5.3
  - 4. Predicting the potential outcomes of options when making safety and health-related decisions; and** E.5.4
  - 5. Describing the outcomes of safety and health-related decisions.** E.5.5
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**Demonstrate the ability to use goal-setting skills to enhance health.**

- 1. Setting a personal health goal and tracking progress toward its achievement; and** F.5.1
  - 2. Identifying resources to assist in achieving a personal health goal.** F.5.2
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**Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.**

- 1. Explaining benefits of healthy behaviors toward self and others;** G.5.1
- 2. Practicing responsible personal health behaviors;** G.5.2
- 3. Using a variety of healthy practices and behaviors to maintain or improve personal health; and** G.5.3

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**4. Using a variety of behaviors to avoid or reduce health risks. G.5.4**

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**Demonstrate the ability to advocate for personal, family, and community health.**

**1. Expressing opinions and giving accurate information about health issues; H.5.1**

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**2. Practicing and rationalizing reasons for positive health choices; and H.5.2**

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**3. Evaluating various health messages and communication techniques. H.5.3**