

# Health: Grade 5

Adopted 2016

## Washington State Health Education K-12 Learning Standards:

**Standard 1** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

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**Standard 2** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

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**Standard 3** Students will demonstrate the ability to access valid information and products and services to enhance health.

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**Standard 4** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

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**Standard 5** Students will demonstrate the ability to use decision-making skills to enhance health.

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**Standard 6** Students will demonstrate the ability to use goal-setting skills to enhance health.

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**Standard 7** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

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**Standard 8** Students will demonstrate the ability to advocate for personal, family, and community health.

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## Wellness

### 1. Dimensions of Health

5. Describe dimensions of health. [H1.W1.5](#)

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### 2. Hygiene

5. Explain how family, peers, media, and culture influence decision-making related to hygiene practices. [H1.W2.5](#)

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### 3. Disease Prevention

a. Understand relationship between disease prevention and quality of life. [H1.W3.5.A](#)

b. Describe how heredity can affect personal health. [H1.W3.5.B](#)

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#### 4. Analyzing Influences

5. Analyze how family, peers, media, culture, and technology influence health decisions and behaviors. [H2.W4.5](#)

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#### 5. Access Valid Information

5. Demonstrate how to access valid information, products, and services. [H3.W5.5](#)

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#### 6. Communication

5. Demonstrate appropriate interpersonal communication skills. [H4.W6.5](#)

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#### 7. Decision-Making

5. Apply decision-making skills to make a health-enhancing choice. [H5.W7.5](#)

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#### 8. Goal-Setting

5. Analyze progress toward achieving a personal health goal. [H6.W8.5](#)
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### Safety

#### 1. Injury Prevention

- a. Identify dangerous or risky behaviors that might lead to injuries. [H1.SA1.5.A](#)
- b. Identify safety precautions for playing and working outdoors. [H1.SA1.5.B](#)
- c. Predict potential outcomes when making a decision related to injury prevention. [H1.SA1.5.C](#)

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#### 2. First Aid

5. Explain how to respond to emergency situations. [H1.SA2.5](#)

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#### 3. Violence Prevention

- a. Describe ways to prevent, reduce, and avoid violent situations. [H1.SA3.5.A](#)
  - b. Analyze how violent behavior impacts self and others. [H1.SA3.5.B](#)
5. Describe effective communication skills to prevent, reduce, and avoid violent situations in person or on electronic media. [H4.SA3.5](#)
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### Nutrition

#### 1. Food Groups and Nutrients

5. Analyze a food journal to create a more balanced food plan. [H5.N1.5](#)

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#### 2. Beverages

5. Compare beverages to make a healthy choice. [H5.N2.5](#)

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#### 3. Label Literacy

5. Differentiate between healthy and unhealthy foods according to Nutrition Facts labels. [H3.N3.5](#)

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#### 4. Caloric Intake and Expenditure

5. Describe how the body's function and composition are affected by food consumption. [H1.N4.5](#)

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#### 5. Disease Prevention

- a. Analyze how healthy eating reduces health risks and promotes growth. [H1.N5.5.A](#)
- b. Explain importance of eating in moderation to promote health. [H1.N5.5.B](#)
- c. Describe how fiber contributes to disease prevention. [H1.N5.5.C](#)

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#### 6. Nutritional Planning

5. Analyze how community, peers, media, technology, and culture influence decision-making related to food and beverage choices and eating behaviors. [H2.N6.5](#)
5. Demonstrate how to effectively ask for help to improve personal food choices and promote healthy eating. [H4.N6.5](#)
5. Assess progress toward achieving a healthy eating goal. [H7.N6.5](#)

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### Sexual Health

#### 1. Anatomy and Physiology

5. Understand functions of reproductive systems. [H1.SE1.5](#)

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#### 2. Growth and Development

5. Identify ways to manage physical, social, and emotional changes that occur during puberty. [H7.SE.2.5](#)
5. Describe how puberty and physical development can vary considerably. [H1.SE2.5](#)

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#### 3. Reproduction

5. Recognize puberty prepares the body for reproduction. [H1.SE3.5](#)

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#### 4. HIV Prevention

- a. Define human immunodeficiency virus (HIV). [H1.SE4.5.A](#)
- b. Identify methods of transmission and prevention of HIV. [H1.SE4.5.B](#)

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#### 5. Self-Identity

5. Promote ways to show respect for all people. [H8.SE5.5](#)
- a. Describe how media, society, and culture can influence ideas regarding gender roles, identity, and expression. [H2.SE5.5.A](#)
- b. Identify trusted adults to ask questions about gender identity and sexual orientation. [H2.SE5.5.B](#)

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## 6. Healthy Relationships

- a. Differentiate between healthy and unhealthy relationships. [H1.SE6.5.A](#)
- b. Explain importance of using social media safely, legally, and respectfully. [H1.SE6.5.B](#)
- c. Define sexual abuse. [H1.SE6.5.C](#)
- 5. Understand how to support a peer to recognize healthy and unhealthy relationships. [H8.SE6.5](#)

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## Social Emotional Health

### 1. Self-Esteem

- a. Explain how high self-esteem is a sign of emotional well-being. [H1.S01.5.A](#)
- b. Recognize how self-esteem is impacted by family and peers. [H1.S01.5.B](#)

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### 2. Body Image

- 5. Describe influence of peers and social media on body image. [H2.S02.5](#)

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### 3. Stress Management

- 5. List ways to support others in stressful situations. [H8.S03.5](#)
- 5. Compare healthy and unhealthy ways to manage stress. [H7.S03.5](#)

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### 4. Expressing Emotions

- 5. Identify resources for managing emotions. [H1.S04.5](#)
- a. Understand ways to manage difficult emotions. [H1.S04.5.A](#)

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### 5. Harassment, Intimidation, and Bullying

- 5. Understand cyberbullying. [H1.S05.5](#)
- a. Explain how bullying, intimidation, and harassment affect individuals. [H1.S05.5.A](#)
- b. Define sexual harassment. [H1.S05.5.B](#)
- 5. Advocate for self and others to prevent bullying, harassment, and intimidation. [H8.S05.5](#)

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## Substance Use and Abuse

### 1. Use and Abuse

- 5. Identify reliable sources of information about tobacco, alcohol, and other drugs. [H3.SU1.5](#)
- a. Identify a variety of tobacco, alcohol, and marijuana products. [H1.SU1.5.A](#)
- b. Recognize that tobacco alcohol, and other drugs can be addictive. [H1.SU1.5.B](#)
- 5. Describe how family, school, community, peers, media, and technology influence decisions related to use of tobacco, alcohol, marijuana, and other drugs. [H2.SU1.5](#)

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## 2. Effects

- a. Recognize substances are more addictive and harmful during growth and development. [H1.SU2.5.A](#)
- b. Explain how substance abuse can affect family and friends. [H1.SU2.5.B](#)

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## 3. Prevention

- 5. Demonstrate ways to resist peer pressure to use substances. [H4.SU3.5](#)
- 5. Identify healthy alternatives for decisions related to substance use. [H5.SU3.5](#)