

Emerging Relationships

Alignment with CDC Healthy Schools

Health Education Standards

Grade 5

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Standard 1: Students comprehend functional health knowledge to enhance health.

- 1.5.1 List examples of the physical, social, emotional, and intellectual dimensions of health.
Lesson 1- I am Intentional
Lesson 2- I am Caring
Lesson 3: I am Awesome
Lesson 4: I am a Friend
Lesson 5: I am Healthy
Lesson 6: I am a Leader
- 1.5.2 Describe benefits of practicing health-promoting behaviors.
Lesson 1- I am Intentional
Lesson 2- I am Caring
Lesson 3: I am Awesome
Lesson 4: I am a Friend
Lesson 5: I am Healthy
Lesson 6: I am a Leader
- 1.5.3 Explain potential consequences of practicing unhealthy behaviors.
Lesson 1- I am Intentional
Lesson 2- I am Caring
Lesson 3: I am Awesome
Lesson 4: I am a Friend
Lesson 5: I am Healthy
Lesson 6: I am a Leader
- 1.5.4 Compare and contrast safe and unsafe situations, people, and events.
Lesson 1- I am Intentional
Lesson 4: I am a Friend
Lesson 5: I am Healthy
Lesson 6: I am a Leader
- 1.5.5 Describe practices and behaviors that prevent or reduce health risks (e.g., eating vegetables and fruits daily).
Lesson 5- I am Healthy
- 1.5.6 Explain ways to engage in healthy practices and behaviors (e.g., daily moderate to vigorous physical activity).
Lesson 3: I am Awesome
Lesson 5: I am Healthy
Lesson 6: I am a Leader

1.5.7 Explain ways to prevent common childhood injuries and health problems (e.g., recommendations for swimming safety and strategies for managing emotions).

Lesson 4: I am a Friend

Lesson 5: I am Healthy

Standard 2: Students analyze the influence of family, peers, culture, social media, technology, and other determinants on health behaviors.

2.5.1 Examine influences of family and culture on health behaviors.

Lesson 5- I am Healthy

2.5.2 Describe how peers influence health behaviors.

Lesson 2- I am Caring

Lesson 3: I am Awesome

Lesson 4: I am a Friend

Lesson 5: I am Healthy

Lesson 6: I am a Leader

2.5.3 Describe ways in which schools and neighborhoods influence health behaviors.

Lesson 6- I am a Leader

2.5.4 Explain how media, social media, and technology (e.g., television, movies, video games, advertisements, apps, and other screen time) influence health behaviors.

2.5.5 Identify positive internal and external influences on personal health behaviors.

Lesson 1- I am Intentional

Lesson 2- I am Caring

Lesson 3: I am Awesome

Lesson 4: I am a Friend

Lesson 5: I am Healthy

Lesson 6: I am a Leader

2.5.6 Identify negative internal and external influences on personal health behaviors.

Lesson 1- I am Intentional

Lesson 2- I am Caring

Lesson 3: I am Awesome

Lesson 4: I am a Friend

Lesson 5: I am Healthy

Lesson 6: I am a Leader

Standard 3: Students demonstrate health literacy by accessing valid and reliable health information, products, and services to enhance health.

- 3.5.1 Use functional health literacy skills (e.g., reading, writing, and speaking) to access valid and reliable health information to learn about health behaviors.
- 3.5.2 Access multimodal health messages (e.g., words, pictures, numbers, and/or gestures) in print or electronic materials to practice interactive health literacy.
Lesson 1- I am Intentional
Lesson 2- I am Caring
Lesson 3: I am Awesome
Lesson 4: I am a Friend
Lesson 5: I am Healthy
Lesson 6: I am a Leader
- 3.5.3 Discuss which trusted adults and resource people in the community (e.g., doctor, dentist, nurse, police officer, firefighter, faith-based leader, elders) can help a person obtain credible health information and trustworthy services.
- 3.5.4 Document interactive health literacy by talking with a trusted adult or health professional about health information to be a proactive, well-informed patient.
Lesson 1- I am Intentional- *Champion Connection*
Lesson 2- I am Caring- *Champion Connection*
Lesson 3: I am Awesome- *Champion Connection*
Lesson 4: I am a Friend- *Champion Connection*
Lesson 5: I am Healthy- *Champion Connection*
Lesson 6: I am a Leader- *Champion Connection*
- 3.5.5 Read a variety of print material (e.g., books, magazines, billboards) from valid and reliable health resources to develop functional health knowledge.
- 3.5.6 Interpret visual and numerical representations (e.g., graphs, figures, tables, charts) to understand a health product.
Lesson 4: I am a Friend
Lesson 5: I am Healthy
- 3.5.7 Write about a health-related product that supports a health decision or health habit.
- 3.5.8 Evaluate healthy and unhealthy messages depicted in the media and in advertisements.
Lesson 6- I am a Leader

Standard 4: Students demonstrate effective interpersonal communication skills to enhance health.

- 4.5.1 Explain how effective interpersonal communication can benefit personal health and well-being.
Lesson 2- I am Caring
Lesson 4: I am a Friend
Lesson 5: I am Healthy
Lesson 6: I am a Leader
- 4.5.2 Demonstrate effective verbal and nonverbal interpersonal communication skills.
Lesson 2- I am Caring
Lesson 3: I am Awesome
Lesson 4: I am a Friend
Lesson 5: I am Healthy
Lesson 6: I am a Leader
- 4.5.3 Demonstrate how to effectively identify and communicate needs, wants, and feelings in healthy ways.
Lesson 1- I am Intentional
Lesson 2- I am Caring
Lesson 3: I am Awesome
Lesson 4: I am a Friend
Lesson 5: I am Healthy
Lesson 6: I am a Leader
- 4.5.4 Demonstrate how to ask for help to support personal health.
Lesson 1- I am Intentional
Lesson 2- I am Caring
Lesson 4: I am a Friend
Lesson 5: I am Healthy
- 4.5.5 Demonstrate refusal skills to avoid or reduce health risks.
Lesson 1- I am Intentional
Lesson 4: I am a Friend
Lesson 5: I am Healthy
- 4.5.6 Demonstrate how to communicate kindness, empathy, compassion, and care toward others.
Lesson 1- I am Intentional
Lesson 2- I am Caring
Lesson 4: I am a Friend
Lesson 5: I am Healthy
Lesson 6: I am a Leader

- 4.5.7 Identify ways to show respect for another person’s consent or nonconsent (e.g., personal space).
Lesson 1- I am Intentional
Lesson 3: I am Awesome
Lesson 4: I am a Friend
Lesson 5: I am Healthy
Lesson 6: I am a Leader
- 4.5.8 Explain how to use collaboration and negotiation skills that support healthy behaviors and relationships.
Lesson 1- I am Intentional
Lesson 3: I am Awesome
Lesson 4: I am a Friend
Lesson 5: I am Healthy
Lesson 6: I am a Leader
- 4.5.9 Demonstrate healthy ways to manage and resolve conflict.
Lesson 1- I am Intentional
Lesson 2- I am Caring
Lesson 4: I am a Friend
Lesson 5: I am Healthy
Lesson 6: I am a Leader

Standard 5: Students demonstrate effective decision-making skills to enhance health.

- 5.5.1 Identify procedural steps in decision making.
Lesson 1- I am Intentional
Lesson 5: I am Healthy
Lesson 6: I am a Leader
- 5.5.2 Assess when help is needed and when it is not needed to make a health decision.
Lesson 4: I am a Friend
Lesson 5: I am Healthy
- 5.5.3 Explain how family, peers, trusted adults, and media can affect a health decision.
Lesson 1- I am Intentional
Lesson 2- I am Caring
Lesson 3: I am Awesome
Lesson 4: I am a Friend
Lesson 5: I am Healthy
Lesson 6: I am a Leader

- 5.5.4 Identify options when making a health-related decision.
Lesson 1- I am Intentional
Lesson 4: I am a Friend
Lesson 5: I am Healthy
Lesson 6: I am a Leader
- 5.5.5 Predict the potential consequences of each option.
Lesson 1- I am Intentional
Lesson 4: I am a Friend
Lesson 5: I am Healthy
- 5.5.6 Choose a health-promoting option that aligns with personal values when making an effective decision.
Lesson 1- I am Intentional
Lesson 2- I am Caring
Lesson 4: I am a Friend
Lesson 5: I am Healthy
Lesson 6: I am a Leader
- 5.5.7 Reflect on the outcomes of an effective health decision.
Lesson 3- I am Awesome

Standard 6: Students demonstrate effective goal-setting skills to enhance health.

- 6.5.1 Set a realistic personal health goal.
Lesson 3: I am Awesome
Lesson 5: I am Healthy
Lesson 6: I am a Leader
- 6.5.2 Explain the health and related benefits of reaching a personal health goal.
Lesson 3: I am Awesome
Lesson 5: I am Healthy
Lesson 6: I am a Leader
- 6.5.3 Develop a basic plan for achieving a personal health goal.
Lesson 4: I am a Friend
Lesson 5: I am Healthy
- 6.5.4 Describe people, information, and resources to help achieve a personal health goal.
Lesson 1- I am Intentional
Lesson 2- I am Caring
Lesson 3: I am Awesome
Lesson 4: I am a Friend
Lesson 5: I am Healthy
Lesson 6: I am a Leader

- 6.5.5 Determine potential barriers in achieving a personal health goal.
health goal.
Lesson 3: I am Awesome
Lesson 4: I am a Friend
Lesson 5: I am Healthy
Lesson 6: I am a Leader
- 6.5.6 Implement strategies toward achieving a personal health goal (e.g., tracking progress, setting reminders, taking small steps, overcoming barriers).
Lesson 1- I am Intentional
Lesson 2- I am Caring
Lesson 3: I am Awesome
Lesson 4: I am a Friend
Lesson 5: I am Healthy
Lesson 6: I am a Leader
- 6.5.7 Explain that effort, determination, and resilience can help toward achieving a personal health goal.
Lesson 1- I am Intentional
Lesson 3- I am Awesome
Lesson 6- I am a Leader

Standard 7: Students demonstrate observable health and safety practices.

- 7.5.1 Demonstrate age and developmentally appropriate observable health and safety practices.
Lesson 1- I am Intentional
Lesson 2- I am Caring
Lesson 3: I am Awesome
Lesson 4: I am a Friend
Lesson 5: I am Healthy
Lesson 6: I am a Leader
- 7.5.2 Reflect on the ability to perform observable practices that promote health and prevent or reduce the risk of disease and injury.
Lesson 3- I am Awesome
Lesson 5- I am Healthy
- 7.5.3 Explain the importance of making health and safety practices into health habits.
Lesson 3- I am Awesome
Lesson 5- I am Healthy

Standard 8: Students advocate for behaviors that support personal, family, peer, school, and community health.

8.5.1 Demonstrate how to persuade others to make healthy choices (e.g., persuading others not to bully).

Lesson 4: I am a Friend

Lesson 5: I am Healthy

Lesson 6: I am a Leader

8.5.2 Demonstrate how to persuade others to make positive health choices (e.g., persuading others to avoid all tobacco products).

Lesson 4: I am a Friend

Lesson 5: I am Healthy

Lesson 6: I am a Leader