

Grade 5 Health Education Overview

Health education is taught during the schedule block designated for “content” in the elementary school schedule. It is taught to the homeroom class by the homeroom teacher.

For instructional questions, contact your child’s teacher. For curriculum questions, contact the Office of Health & Physical Education: Eric_Bishop@hcpss.org, Coordinator or Tempe_Beall@hcpss.org, Instructional Facilitator.

Quarter 1 - Social & Emotional Health

Lesson 1: Understanding Stress

- Define stress.
- List physical and emotional reactions to stress.
- Identify personal stressors at home, in school and with friends.
- Identify possible causes and effects of long-term stress.

Lesson 2: Managing Stress

- Identify positive and negative ways of dealing with stress and anxiety.
- Identify personal stressors and suggest stress-management techniques for dealing with them.
- Demonstrate techniques for dealing with stress in healthy ways.

Lesson 3: Strong Feelings

- Identify feelings and emotions associated with loss and grief.
- Explain the importance of talking with parents and other trusted adults about strong feelings.
- Identify feelings, thoughts and actions for which someone should seek help.

Lesson 4: Managing Strong Feelings

- Identify characteristics of someone who has self-control.
- Identify examples of self-control.
- Identify nonviolent ways to manage anger and other strong feelings.
- Demonstrate self-control techniques.

Lesson 5: Help for Strong Feelings

- Describe appropriate ways to express and deal with emotions.
- Explain the importance of talking with parents and other trusted adults about feelings.
- Demonstrate how to effectively ask for help with strong feelings to improve mental and emotional health.

Lesson 6: Helping Others

- Explain the importance of telling an adult if someone is in danger of hurting themselves or others.

Quarter 2 - Violence Prevention

Lesson 1: Understanding Bullying

- Describe the difference between bullying and teasing.
- Identify reasons people bully others.
- Explain why it’s wrong to tease or bully others based on personal characteristics.
- Identify consequences of bullying to perpetrators, targets, and bystanders.

Lesson 2: Responding to Bullying

- Describe what to do if oneself or someone else is being bullied.
- Describe practices and behaviors that reduce or prevent bullying violence.
- Advocate for actions to reduce or prevent bullying.

Lesson 3: Personal Boundaries & Rights

- Explain the relationship between consent and personal boundaries.
- Demonstrate refusal skills and other ways to take action if someone is talking to you or touching you in a way that makes you feel uncomfortable, unsafe, or disrespected.
- Identify that it is never a child’s fault if someone causes them to feel unsafe.

Lesson 4: Personal Body Safety

- Identify types of abuse.
- Identify strategies to respond to abuse.
- Identify when to tell an adult about an unsafe situation.
- Identify that abuse is never a child’s fault.

Lesson 5: Getting Help with Personal Body Safety

- Explain the importance of sharing all information with parents, guardians, or trusted adults.
- Demonstrate verbal and nonverbal ways to ask trusted adults for help.
- Create a list of trusted people/community resources to notify or contact if assault or abuse occurs.

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Quarter 3 - Puberty Education

Note:

- Maryland State Regulations (COMAR 13A.04.18.01) state that students may be excused from this unit of health education.
- An email notice of the unit will be sent to parents/guardians through Synergy and Canvas approximately 3 weeks prior to instruction. This email will include links to all of the unit instructional materials, as well as the exclusion procedures. Exclusion requests can be emailed to the homeroom teacher.

Lesson 1: Puberty

- Define “puberty”
- Describe the physical changes that occur during puberty.
- Discuss the appropriate use of personal hygiene products
- Explain the importance of talking with parents and other trusted adults about issues related to relationships, growth and development, and sexual health.
- Summarize that the onset and progression of puberty varies considerably.

Lesson 2: Social & Emotional Changes

- Describe the social and emotional changes that occur during puberty.
- Identify communication strategies for talking with trusted adults about issues related to relationships, growth and development, and sexual health.
- Identify sexual orientation as a person’s physical and/or romantic attraction to an individual of the same and/or different gender.

Lesson 3: Physical Changes in Puberty (Male Body)

- Describe the physical, social, and emotional changes that occur during puberty.
- Summarize that the onset and progression of puberty varies considerably.
- Describe human reproductive systems including medically accurate names for internal and external genitalia and their functions.
- Describe how puberty prepares human bodies for the potential to reproduce.
- Identify that reproduction requires that a sperm and egg join and implant.

Lesson 4: Physical Changes in Puberty (Female Body)

- Describe the physical, social, and emotional changes that occur during puberty.
- Summarize that the onset and progression of puberty varies considerably.
- Describe human reproductive systems including medically accurate names for internal and external genitalia and their functions.
- Describe how puberty prepares human bodies for the potential to reproduce.
- Identify that reproduction requires that a sperm and egg join and implant.

Lesson 5/6: Transitions

- Demonstrate ways to treat people of all gender identities and expressions with dignity and respect.
- Demonstrate effective verbal and non-verbal communication skills to enhance health.
- Identify responsible personal health behaviors.

Quarter 4 - Substance Abuse Prevention

Lesson 1: Drug Use & Abuse

- Identify the negative consequences of using alcohol, nicotine products, marijuana products, opioids (including the lethal effects of fentanyl), and other drugs.
- Analyze the potential risks associated with inappropriate use and abuse of prescription medicines including addiction.

Lesson 2: Effects of Alcohol & Nicotine

- Review short and long-term effects of alcohol, nicotine, caffeine, and other products.
- Identify the negative consequences of using alcohol, nicotine products, marijuana products, opioids (including the lethal effects of fentanyl), and other drugs.

Lesson 3: Effects of Other Drugs

- Review short and long-term effects of alcohol, nicotine, caffeine, and other products.
- Identify short and long-term effects of using marijuana products
- Identify the negative consequences of using alcohol, nicotine products, marijuana products, opioids (including the lethal effects of fentanyl), and other drugs.

Lesson 4: Peer Pressure

- Identify how peers can influence healthy and unhealthy behaviors.

Lesson 5: Saying No to Drugs

- Demonstrate refusal skills to avoid or reduce health risks.

Lesson 6: Deciding to Be Drug Free

- Identify the benefits of being free from alcohol, opioid, nicotine products, marijuana products, and other drugs.
- Demonstrate the ability to use decision-making skills to enhance health.