

***HealthSmart* Alignment with Florida's Next Generation Sunshine State Standards for Health Education**

Grades K–5

advancing
health
equity **etr.**

Grade K	Lessons
Core Concepts	
HE.K.C.1.1 Recognize healthy behaviors.	K – 2 [expressing emotions], 5 [tooth care], 6 [handwashing], 9 [getting help when ill], 21 [healthy eating], 22 [food choices], 23 [drinking water], 24 [physical activity], 26, 27 [avoiding tobacco use], 29 [avoiding smoke]
HE.K.C.1.2 Recognize the physical dimensions of health.	K – 4 [keeping the body healthy], 5, 6, 7 [health habits], 21 [nutrition], 24 [physical activity], 26, 27 [effects of tobacco]
HE.K.C.1.3 Recognize ways to prevent common communicable diseases.	K – 6 [handwashing] 9 [help from adults when ill]
HE.K.C.1.4 Recognize ways to prevent childhood injuries in the home, school, and community settings.	K – 12, 13, 14 [street safety], 15 [passenger safety], 16 [poisons], 17 [firearms] 18, 19 [emergencies], 20 [safe decisions]
HE.K.C.1.5 Recognize there are body parts inside and outside of the body.	K – 4 [limbs, heart, lungs]
Internal and External Influences	
HE.K.C.2.1 Name healthy behaviors that family members should practice.	K – 3 [emotional support], 11 [avoiding bullying], 14 [pedestrian safety], 22 [eating healthy foods], 23 [drinking water], 25 [physical activity], 26 [avoiding smoke], 27 [secondhand smoke]
HE.K.C.2.2 Recognize the characteristics of a friend.	K – Not covered Covered in 1 – 3
HE.K.C.2.3 Identify members of the school and community who support personal-health practices and behaviors.	K – 3, 7, 8, 9, 10, 11, 18, 22
HE.K.C.2.4 Explain the importance of rules to maintain health.	K – 7 [medicines], 11 [bullying], 12 [traffic], 13, 14 [pedestrian safety], 15 [passenger safety], 16 [avoiding poisons], 17 [firearm safety], 20 [safe decisions]
Accessing Information	
HE.K.B.3.1 Recognize warning labels and signs on hazardous products and places.	K – 14 [crosswalk signals], 16 [poisons]

Grade K (continued)	Lessons
Accessing Information (continued)	
HE.K.B.3.2 Recognize school and community health helpers.	K – 3 [people who care], 9 [getting help], 10 [help to be safe], 11 [help for bullying], 14 [crossing guards], 18 [emergency help], 19 [9-1-1]
Interpersonal Communication	
HE.K.B.4.1 Recognize healthy ways to express needs, wants, and feelings.	K – 1 [sharing information], 2 [expressing emotions], 3, 9, 10 [asking for help]
HE.K.B.4.2 Demonstrate listening skills to enhance health.	K – 1 [sharing information]
HE.K.B.4.3 Identify the appropriate responses to unwanted and threatening situations.	K – 9 [help if sick/injured], 11 [telling adult about bullying], 19 [calling 9-1-1]
Decision Making	
HE.K.B.5.1 Name situations when a health-related decision can be made individually or when assistance is needed.	K – 20 [decisions about safety], 28 [avoiding secondhand smoke]
HE.K.B.5.2 Recognize healthy options to health-related issues or problems.	K – 20 [decisions about safety]
HE.K.B.5.3 Recognize the consequences of not following rules/practices when making healthy and safe decisions.	K – 12 [traffic], 13, 14 [pedestrian safety], 15 [passenger safety], 16 [avoiding poisons], 17 [firearm safety], 20 [safe decisions]
Self-Management	
HE.K.P.7.1 Identify healthy practices and behaviors to maintain or improve personal health.	K – 1 [valuing differences], 2 [managing anger] 5, 6 [personal care], 13, 14 [pedestrian safety], 15 [passenger safety], 16 [poison safety], 17 [firearm safety], 19 [calling 9-1-1] 22 [choosing healthy foods], 23 [drinking water], 24 [physical activity], 29 [avoiding secondhand smoke], 30 [being tobacco free]
Advocacy	
HE.K.P.8.1 Help others to make positive health choices.	K – 11 [preventing bullying], 23 [physical activity], 28, 30 [be tobacco free]

Grade 1	Lessons
Core Concepts	
<p>HE.1.C.1.1: Identify healthy behaviors.</p>	<p>1 – 1 [belonging], 2 [family relationships], 3 [friendships], 4 [expressing emotions], 5 [handwashing], 6 [tooth care], 7 [weather & sun safety], 8 [sleep], 18 [preventing bullying], 21 [eating breakfast], 22 [drinking water], 24, 25 [physical activity], 26 [avoiding tobacco smoke], 27 [avoiding tobacco use]</p>
<p>HE.1.C.1.2: Recognize the physical and social dimensions of health.</p>	<p>1 – 1 [belonging], 2 [families] 3 [friends], 5, 6 [health habits], 8 [sleep], 24 [physical activity, growing bodies], 26 [effects of tobacco]</p>
<p>HE.1.C.1.3: Describe ways to prevent common communicable diseases.</p>	<p>1 – 5 [handwashing]</p>
<p>HE.1.C.1.4: Identify ways to prevent childhood injuries in the home, school, and community settings.</p>	<p>1 – 7 [dressing for weather], 9 [being safe], 10 [pedestrian safety], 11 [safe routes], 12, 13 [passenger safety], 14 [playground safety], 15, 16 [fire safety], 20 [inappropriate touch]</p>
<p>HE.1.C.1.5: Identify the correct names of human body parts.</p>	<p>1 – Not covered Covered in K – 4</p>
<p>HE.1.C.1.6: Identify health-care providers.</p>	<p>1 – Not covered</p>
Internal and External Influences	
<p>HE.1.C.2.1: Identify how children learn health behaviors from family and friends.</p>	<p>1 – 1 [belonging], 2 [families], 3 [friends], 27 [peers and tobacco use], 29 [support for avoiding tobacco use]</p>
<p>HE.1.C.2.2: Explore the ways that a friend would act in a variety of situations.</p>	<p>1 – 3</p>
<p>HE.1.C.2.3: Identify what the school and community do to support personal-health practices and behaviors.</p>	<p>1 – 11 [safe routes and havens], 13 [school bus safety], 14 [playground safety], 17 [emergency help], 18 [reporting bullying], 20 [help for inappropriate touch], 29 [help to stay tobacco free]</p>
<p>HE.1.C.2.4: Recognize health consequences for not following rules.</p>	<p>1 – 10 [pedestrian safety], 12 [passenger safety], 13 [school bus safety], 14 [playground safety], 15, 16 [fire safety], 18 [bullying], 26 [family rules around tobacco use]</p>

Grade 1 (continued)	Lessons
Accessing Information	
HE.1.B.3.1: Determine the meaning of warning labels and signs on hazardous products and places.	1 – Not covered Poisons covered in K – 16
HE.1.B.3.2: Identify trusted adults and professionals who can help promote health.	1 – 1, 9, 11, 29
Interpersonal Communication	
HE.1.B.4.1: Identify healthy ways to express needs, wants, and feelings.	1 – 4 [different emotions], 29 [staying tobacco free]
HE.1.B.4.2: Describe good listening skills to enhance health.	1 – 3 [could include in qualities of a friend], 17 [calling 9-1-1]
HE.1.B.4.3: Describe ways to respond when in an unwanted, threatening, or dangerous situation.	1 – 17 [calling 9-1-1], 18 [bullying], 20 [inappropriate touch], 29 [avoiding tobacco smoke]
Decision Making	
HE.1.B.5.1: Describe situations when a health-related decision can be made individually or when assistance is needed.	1 – 9 [help to be safe], 29 [avoiding tobacco use]
HE.1.B.5.2: Identify healthy options to health-related issues or problems.	1 – 8 [getting enough sleep], 9 [help to be safe], 11 [safe routes], 22 [choosing water] 26 [avoiding tobacco smoke]
HE.1.B.5.3: Explain the consequences of not following rules/practices when making healthy and safe decisions.	1 – 10 [pedestrian safety], 12 [passenger safety], 13 [school bus safety], 14 [playground safety], 15, 16 [fire safety]
Self-Management	
HE.1.P.7.1: Tell about behaviors that avoid or reduce health risks.	1 – 6 [handwashing], 7 [weather, sun safety], 8 [sleep], 10 [pedestrian safety], 11 [safe routes], 12, 13 [passenger safety], 14 [playground safety], 15, 16 [fire safety] 17 [calling 9-1-1], 19 [being safety smart], 21 [eating breakfast], 22 [drinking water], 22 [physical activity], 23 [avoiding tobacco smoke], 24, 25, 26 [avoiding tobacco use]
Advocacy	
HE.1.P.8.1: Encourage others to make positive health choices.	1 – 3, 12, 19, 22, 28

Grade 2	Lessons
Core Concepts	
HE.2.C.1.1 Identify that healthy behaviors affect personal health.	2 – 1 [family relationships], 2 [growth], 3, 4 [troublesome feelings], 5 [handwashing], 6 [medicine use], 14, 15 [preventing bullying], 16 [drinking water], 17 [eating breakfast], 18 [healthy snacks], 19 [eating fruits & vegetables], 22, 21 [physical activity], 22 [stretching], 23, 24, 26 [avoiding tobacco use],
HE.2.C.1.2 Recognize the physical, mental/emotional and social dimensions of health.	2 – 1 [families], 3 [feelings], 5, 6, 7, 8 [healthy habits], 20 [body image/physical activity], 23 [effects of tobacco]
HE.2.C.1.3 Describe ways a safe, healthy home environment can promote personal health.	2 – 2 [family relationships], 4 [support], 6 [medicine safety], 25 [support for being tobacco free]
HE.2.C.1.4 Describe ways to prevent childhood injuries in the home, school, and community settings.	2 – 9, 10, 11, 12, 13
HE.2.C.1.5 Recognize the locations and functions of major human organs.	2 – Not covered
HE.2.C.1.6 Determine when it is important to seek health care.	2 – 6
Internal and External Influences	
HE.2.C.2.1 Describe how family rules and practices influence health behaviors.	2 – 1
HE.2.C.2.2 Describe how friends' health practices influence health behaviors of others.	2 – 5 [how germs spread], 8 [helping friends stay healthy], 15 [preventing bullying], 16 [drinking water], 23 [tobacco use]
HE.2.C.2.3 Describe how the school and community influence health behaviors of children.	2 – 25 [support for being tobacco free]
HE.2.C.2.4 Explain the ways that rules make the classroom, school, and community safer.	2 – 5 [avoiding germs], 6 [medicine safety], 9 [pedestrian safety], 10 [passenger safety], 11 [water safety], 12 [bike safety], 14 [bullying]
Accessing Information	
HE.2.B.3.1 Understand the meaning of warning labels and signs on hazardous products.	2 – 23 [tobacco products]

Grade 2 (continued)	Lessons
Accessing Information (continued)	
HE.2.B.3.2 Select trusted adults and professionals who can help promote health.	2 – 4, 25
Interpersonal Communication	
HE.2.B.4.1 Demonstrate healthy ways to express needs, wants, feelings, and listening skills to enhance health.	2 – 3 [troublesome feelings], 4 [getting help], 16 [drinking water], 25 [support for staying tobacco free]
HE.2.B.4.3 Demonstrate ways to respond to unwanted, threatening, or dangerous situations.	2 – 15 [getting help for bullying],
Decision Making	
HE.2.B.5.1 Differentiate between situations when a health-related decision can be made individually or when assistance is needed.	2 – 7, 8, 24
HE.2.B.5.2 Name healthy options to health-related issues or problems.	2 – 4 [troublesome feelings], 5 [preventing colds], 6 [medicines], 9 [pedestrian safety], 10 [passenger safety], 11 [water safety], 12 [bike safety], 17 [breakfast foods], 17 [healthy snacks], 26 [avoiding tobacco use]
HE.2.B.5.3 Compare the consequences of not following rules/practices when making healthy and safe decisions.	2 – 9 [pedestrian safety], 10 [passenger safety], 11 [water safety], 12 [bike safety]
Goal Setting	
HE.2.B.6.1 Establish a short-term personal health goal as a class and take action toward achieving the goal.	2 – 13 [being safety smart], 19 [eating fruits & vegetables], 21 [being physically active], 22 [stretching as a class]
Self-Management	
HE.2.P.7.1 Demonstrate health behaviors to maintain or improve personal health.	2 – 4 [getting help for troublesome feelings], 5 [handwashing], 6 [using medicines], 7, 8 [healthy habits], 16 [drinking water], 17 [eating breakfast], 18 [healthy snacks], 19 [eating fruits & vegetables], 20, 21 [physical activity], 22 [stretching], 25, 26 [avoiding tobacco use]
Advocacy	
HE.2.P.8.1 Support peers when making positive health choices.	2 – 8 [healthy habits], 15 [preventing bullying], 16 [drinking water], 23, 26 [no tobacco use]

Grade 3	Lessons
Core Concepts	
HE.3.C.1.1 Describe healthy behaviors that affect personal health.	3 – 1 [being healthy], 2 [expressing feelings], 3 [family relations], 4 [friendships], 5 [valuing self/others], 6, 7 [avoiding germs], 8 [medicine use], 17, 21, 22 [healthy foods] 18 [healthy beverages], 19 [eating breakfast], 20 [eating fruits & vegetables], 23, 24 [physical activity], 25, 26, 27, 28 [avoiding tobacco/alcohol use]
HE.3.C.1.3 Describe ways a safe, healthy classroom can promote personal health.	3 – 9, 10, 11 [being safety smart], 13 [assessing for safety], 14, 15 [bullying]
HE.3.C.1.4 Recognize common childhood health conditions.	3 – Not covered
HE.3.C.1.5 Recognize that body parts and organs work together to form human body systems.	3 – Not covered
HE.3.C.1.6 Describe why it is important to seek health care.	3 – 8
Internal and External Influences	
HE.3.C.2.1 Explore how family and friends’ traditions and customs may influence health behaviors.	3 – 3 [family], 4 [friends], 21 [food choices], 27, 28 [pressure to use drugs]
HE.3.C.2.3 Explore how the traditions and customs of the school and community influence health behavior of children.	3 – 21 [food choices]
HE.3.C.2.4 Identify classroom and school rules that promote health and disease prevention.	3 – 9, 10, 11, 13 [safety rules], 14 [bullying]
HE.3.C.2.5 Discuss the positive and negative impacts media may have on health.	3 – 21 [food choices], 28 [pressure to use drugs]
HE.3.C.2.6 Discuss the positive and negative impacts technology may have on health.	3 – Not covered
Accessing Information	
HE.3.B.3.1 Locate resources from home, school, and community that provide valid health information.	3 – 1
HE.3.B.3.2 Describe criteria for selecting health information, resources, products, and services.	3 – Not covered Covered in Grades 4 and 5
HE.3.B.3.3 Describe how the media influences the selection of health information, products, and services.	3 – 21 [food choices], 28 [tobacco/alcohol use]

Grade 3 (continued)	Lessons
Interpersonal Communication	
HE.3.B.4.1 Identify effective verbal and nonverbal communication skills to enhance health.	3 – 4 [getting along with friends], 29 [resisting pressure]
HE.3.B.4.2 Demonstrate refusal skills that avoid or reduce health risks.	3 – 16 [inappropriate touch], 29 [saying no to drugs]
HE.3.B.4.3 Demonstrate nonviolent strategies to manage or resolve conflict.	3 – Not covered Covered in 4 – 15
HE.3.B.4.4 Explain ways to ask for assistance to enhance personal health.	3 – 15 [reporting bullying], 16 [inappropriate touch]
Decision Making	
HE.3.B.5.1 Recognize circumstances that can help or hinder healthy decision making.	3 – 13 [making safe choices], 26 [being tobacco/alcohol free]
HE.3.B.5.2 List healthy options to health-related issues or problems.	3 – 13 [making safe choices], 17 [healthy foods], 18 [healthy beverages], 26 [being tobacco/alcohol free]
HE.3.B.5.3 Discuss the potential short-term personal impact of each option when making a health-related decision.	3 – 13 [making safe choices], 26 [being tobacco/alcohol free]
HE.3.B.5.4 Find a healthy option when making a decision for yourself.	3 – 13 [making safe choices], 17 [healthy foods], 18 [healthy beverages], 26 [being tobacco/alcohol free]
HE.3.B.5.5 Explain when assistance is needed when making a health-related decision.	3 – 13 [making safe choices], 26 [being tobacco/alcohol free]
Goal Setting	
HE.3.B.6.1 Select a personal health goal and track progress toward achievement.	3 – 12 [safety goal], 22 [eating healthy foods], 24 [physical activity]
HE.3.B.6.2 Examine resources that could assist in achieving a small group personal health goal.	3 – 12 [safety goal], 22 [eating healthy foods], 24 [physical activity]
Self-Management	
HE.3.P.7.1 Practice responsible personal health behaviors.	3 – 9, 11 [being safety smart], 14 [preventing bullying]
HE.3.P.7.2 Investigate a variety of behaviors that avoid or reduce health risks.	3 – 6 [disease prevention], 17 [healthy foods], 18 [healthy beverages], 26 [being tobacco/alcohol free]
Advocacy	
HE.3.P.8.1 Promote positive behaviors to others.	3 – 7 [avoiding germs], 10, 11 [safety smart] 15 [reporting bullying], 29 [avoiding drugs]

Grade 4	Lessons
Core Concepts	
<p>HE.4.C.1.1 Identify the relationship between healthy behaviors and personal health.</p>	<p>4 – 1, 2, 3 [stress management], 4, 5, 6 [troublesome feelings], 7, 9 [healthy habits], 8 [protecting eyes/ears], 10, 12 [risk taking], 13 [dares], 14 [conflict resolution], 16, 17 [healthy eating], 18 [physical activity], 20, 21 [avoiding tobacco/alcohol use], 25, 26, 28 [changes of puberty]</p>
<p>HE.4.C.1.2 Identify examples of mental/emotional, physical, and social health.</p>	<p>4 – 1, 2, 3 [stress], 4, 5, 6 [feelings], 7, 9 [healthy habits], 8 [protecting eyes/ears], 14 [conflict resolution], 16, 17 [healthy eating], 18 [physical activity], 20, 21 [avoiding tobacco/alcohol use], 25 [changes of puberty]</p>
<p>HE.4.C.1.3 Describe ways a safe, healthy school environment can promote personal health.</p>	<p>4 – 11 [staying safe]</p>
<p>HE.4.C.1.4 Describe ways to prevent common childhood injuries and health problems.</p>	<p>4 – 3 [stress management], 10, 12 [risk taking], 11 [staying safe], 14, 15 [conflict resolution]</p>
<p>HE.4.C.1.5 Identify the human body parts and organs that work together to form healthy body systems.</p>	<p>4 – Not covered</p>
<p>HE.4.C.1.6 Distinguish differences among various healthcare providers, products, and services.</p>	<p>4 – Not covered</p>
Internal and External Influences	
<p>HE.4.C.2.1 Explain the importance of family on health practices and behaviors.</p>	<p>4 – 10 [risk taking], 21 [tobacco/alcohol use]</p>
<p>HE.4.C.2.2 Explain the important role that friends/peers may play in health practices and behaviors.</p>	<p>4 – 13 [dares], 21 [tobacco/alcohol use]</p>
<p>HE.4.C.2.3 Explain the important roles that school and community play in health practices and behaviors.</p>	<p>4 – 11 [staying safe]</p>
<p>HE.4.C.2.4 Recognize types of school rules and community laws that promote health and disease prevention.</p>	<p>4 – 11, 12 [staying safe]</p>

Grade 4 (continued)	Lessons
Internal and External Influences (continued)	
HE.4.C.2.5 Explain how media influences personal thoughts, feelings, and health behaviors.	4 – 18 [physical activity], 21 [tobacco/alcohol use]
HE.4.C.2.6 Explain how technology influences personal thoughts, feelings, and health behaviors.	4 – Not covered
Accessing Information	
HE.4.B.3.1 Describe characteristics of valid health information, products, and services.	4 – 20 [information about tobacco/alcohol]
HE.4.B.3.2 Construct criteria for selecting health resources, products, services, and reputable technologies.	4 – 20 [information about tobacco/alcohol]
HE.4.B.3.3 Examine resources from home, school and community that provide valid health information.	4 – 6 [help for troublesome feelings], 20 [information about tobacco/alcohol], 27 [help with growing up]
Interpersonal Communication	
HE.4.B.4.1 Explain effective verbal and nonverbal communication skills to enhance health.	Not covered
HE.4.B.4.2 Identify refusal skills and negotiation skills that avoid or reduce health risks.	4 – 13 [dares], 22, 23 [tobacco/alcohol use]
HE.4.B.4.3 Discuss nonviolent strategies to manage or resolve conflict.	4 – 15 [conflict resolution]
HE.4.B.4.4 Demonstrate ways to ask for assistance to enhance personal health.	4 – 6 [help for troublesome feelings], 15 [help with serious conflicts], 27 [help with changes of puberty]
Decision Making	
HE.4.B.5.1 Identify circumstances that can help or hinder healthy decision making.	4 – 14 [simple vs. serious conflict], 28 [decision making for a healthy future]
HE.4.B.5.2 Itemize healthy options to health-related issues or problems.	4 –28 [decision making for a healthy future]
HE.4.B.5.3 Predict the potential short-term impact of each option on self and others when making a health-related decision.	4 –28 [decision making for a healthy future]
HE.4.B.5.4 Choose a healthy option when making decisions for yourself and/or others.	4 –28 [decision making for a healthy future]
HE.4.B.5.5 Examine when assistance is needed to make a health-related decision.	4 – 14 [simple vs. serious conflict], 28 [decision making for a healthy future]

Grade 4 (continued)	Lessons
Goal Setting	
HE.4.B.6.1 Create a personal health goal and track progress toward achievement.	4 – 9 [healthy habits], 19 [eating/physical activity]
HE.4.B.6.2 Categorize resources that could assist in achieving a small group personal health goal.	4 – 9 [healthy habits], 19 [eating/physical activity]
Self-Management	
HE.4.P.7.2 Discuss a variety of healthy practices and behaviors to maintain or improve personal health and reduce health risks.	4 – 3 [stress management], 4 [help for troublesome feelings], 5 [self-control], 12 [risk assessment], 15 [conflict resolution]
Advocacy	
HE.4.P.8.1 Assist others to make positive health choices.	4 – 20, 24 [avoiding tobacco/alcohol use], 25, 26 [healthy choices around puberty]

Grade 5	Lessons
Core Concepts	
<p>HE.5.C.1.1 Describe the relationship between healthy behaviors and personal health.</p>	<p>5 – 1 [emotional health], 2 [relationships], 4 [health information], 5,6 [chronic disease], 7, 8 [bullying], 11 [fights], 13 [helping friends], 16, 17, 18, 19 [healthy eating], 20, 21 [physical activity], 24, 25, 26, 27, 30 [alcohol use], 32, 33, 34, 35 [changes of puberty]</p>
<p>HE.5.C.1.2 Explain the physical, mental/emotional, social, and intellectual dimensions of health.</p>	<p>5 – 1 [emotional health], 32 [changes of puberty]</p>
<p>HE.5.C.1.3 Explain ways a safe, healthy home and school environment promote personal health.</p>	<p>5 – 9 [bullying], 10 [fights], 36 [gender roles]</p>
<p>HE.5.C.1.4 Compare ways to prevent common childhood injuries and health problems.</p>	<p>5 – 9 [bullying], 10, 11, 12 [fights]</p>
<p>HE.5.C.1.5 Explain how human body parts and organs work together in healthy body systems, including the endocrine and reproductive systems.</p>	<p>5 – 34, 35 [reproductive systems only]</p>
<p>HE.5.C.1.6 Recognize how appropriate health care can promote personal health.</p>	<p>5 – 38 [info and support for puberty]</p>
Internal and External Influences	
<p>HE.5.C.2.1 Predict how families may influence various health practices of children.</p>	<p>5 – 19 [healthy eating], 30 [alcohol use], 33 [puberty and family responsibilities]</p>
<p>HE.5.C.2.2 Predict how friends/peers may influence various health practices of children.</p>	<p>5 – 7 [bullying], 11 [fights], 26, 30 [alcohol use]</p>
<p>HE.5.C.2.3 Predict how the school and community influence various health practices of children.</p>	<p>5 – 9 [bullying], 12 [fights], 13 [helping friends], 19 [eating habits]</p>
<p>HE.5.C.2.4 Give examples of school and public health policies that influence health promotion and disease prevention.</p>	<p>5 – 8 [bullying], 11 [fights], 24 [alcohol use]</p>
<p>HE.5.C.2.5 Determine how media influences family health behaviors and the selection of health information, products, and services.</p>	<p>5 – 14 [media violence], 27, 30 [alcohol use]</p>
<p>HE.5.C.2.6 Describe ways that technology can influence family health behaviors.</p>	<p>5 – 7, 8, 15 [cyberbullying]</p>

Grade 5 (continued)	Lessons
Internal and External Influences (continued)	
HE.5.C.2.7 Discuss how various cultures can influence personal health beliefs.	5 – 19 [healthy eating], 36 [gender roles]
HE.5.C.2.8 Investigate influences that change health beliefs and behaviors.	5 – 32, 33 [changes of puberty]
Accessing Information	
HE.5.B.3.1 Discuss characteristics of valid health information, products, and services.	5 – 4 [accurate information], 38 [support for changes of puberty]
HE.5.B.3.2 Evaluate criteria for selecting health resources, products, and services.	5 – 4 [accurate information] , 38 [support for changes of puberty]
HE.5.B.3.3 Compile resources from home, school, and community, technologies that provide valid health information.	5 – 4 [accurate information], 5 [chronic disease], 13 [helping friends], 31 [alcohol problems], 38 [support for changes of puberty]
Interpersonal Communication	
HE.5.B.4.1 Illustrate techniques of effective verbal and nonverbal communication skills to enhance health.	5 – 3 [respectful communication]
HE.5.B.4.2 Discuss refusal skills and negotiation skills that avoid or reduce health risks.	5 – 28 [resisting alcohol pressure]
HE.5.B.4.3 Illustrate effective conflict resolution strategies.	Covered in 4 – 15
HE.5.B.4.4 Determine ways to ask for assistance to enhance the health of self and others.	5 – 9 [bullying], 13 [helping friends], 31 [alcohol use by family/friends]
Decision Making	
HE.5.B.5.1 Describe circumstances that can help or hinder healthy decision making.	5 – 29 [alcohol use]
HE.5.B.5.2 Summarize healthy options to health-related issues or problems.	5 – 12 [preventing fights], 29 [alcohol use]
HE.5.B.5.3 Compare the potential short-term impact of each option on self and others when making a health-related decision.	5 – 29 [alcohol use]
HE.5.B.5.4 Select a healthy option when making decisions for yourself and/or others.	5 – 12 [preventing fights], 29 [alcohol use], 37 [abstinence]
HE.5.B.5.5 Analyze when assistance is needed when making a health-related decision.	5 – 12 [preventing fights], 29 [alcohol use]

Grade 5 (continued)	Lessons
Goal Setting	
HE.5.B.6.1 Specify a personal health goal and track progress toward achievement.	5 – 22, 23 [eating/physical activity goal]
HE.5.B.6.2 Select reliable resources that would assist in achieving a small group personal health goal.	5 – 22, 23 [eating/physical activity goal], 30 [staying alcohol free]
Self-Management	
HE.5.P.7.1 Model responsible personal health behaviors.	5 –25, 26, 30 [alcohol use], 33 [puberty]
HE.5.P.7.2 Illustrate a variety of healthy practices and behaviors to maintain or improve personal health and reduce health risks.	5 – 9 [reporting bullying], 12 [preventing fights], 19 [healthy eating], 23 [eating/activity]
Advocacy	
HE.5.P.8.1 Persuade others to make positive health choices.	5 – 9 [reporting bullying], 15 [taking a stand against violence], 27 [avoiding alcohol use], 36 [gender roles]