

## Grade 5 Health Education Curriculum

- Describes physical, social and emotional changes that occur during puberty.
- Identifies cognitive, emotional and physical effects of alcohol, drug use or misuse.
- Practices refusal skills to ensure healthy lifestyles.
- Works cooperatively to develop positive attitudes, problem solving and coping skills while respecting the differences, similarities and the rights of others.
- Makes healthy eating choices, particularly at breakfast.
- Analyzes techniques the media uses to influence our choices.
- Practices effective communications skills, including how to start conversations, ways to use assertive strategies when necessary, and how to use netiquette when on the internet.
- Practices using problem-solving strategies in social situations, such as dealing with gossip; resisting impulses to cheat, steal or lie; or dealing with peer pressure.
- Demonstrates calming-down techniques and anger management strategies in a variety of situations, including resisting revenge and dealing with consequences.
- Identifies ways to access help or support when needed from trusted adults, including when on the internet.
- Explains what to do if cyberbullying occurs.

### Scope and Sequence

Month	Unit Title and Topics
September- November	Healthy Relationships-Respectful and Responsible Behaviors: <i>Second Step: Empathy Unit I</i>
October	Nutrition ( <i>HEART or Healthy Eating, Activity, and Reading Together</i> )
November	Internet Safety and Cyber bullying
December- February	Healthy Relationships- Respectful and Responsible Behaviors <i>Second Step: Problem Solving and Impulse Control Unit II</i>
February-March	Healthy Relationships-Respectful and Responsible Behaviors <i>Second Step: Anger Management Unit III</i>
March-May	Substance Abuse Prevention

*The health education curriculum includes 2 presentations by the West Hartford Community Relations Police Officers.*

1. *Internet Safety*
2. *Substance Abuse II*

