

Elementary Comprehensive Health Education

Grade 5

[Maryland Comprehensive Health Education Framework](#)

Mental and Emotional Health

- Demonstrate respectful ways to show empathy to others. 1a.5.4 (Second Step)
- Explain how a trusted adult can support you or someone else with difficult emotions or situations. 1a.5.9 (Second Step & School Counseling)
- Differentiate between positive and negative ways of dealing with stress and anxiety. 1a.5.10 (Second Step)
- Demonstrate how to be a positive bystander in situations of conflict. 1a.5.14 (Interactive Read Aloud)

Substance Abuse and Prevention

- Identify the negative consequences of using alcohol, nicotine products, marijuana products, opioids (including the lethal effects of fentanyl), and other drugs. 1b.5.5 (School Counseling)

Safety and Violence Prevention

- Identify strategies to respond to sexual mistreatment, grooming, harassment, abuse, assault, and exploitation. 1d.5.15 (School Counseling)
- Explain that sexual mistreatment, grooming, harassment, abuse, assault, and exploitation are never the fault of the victim. 1d.5.17 (School Counseling)

Healthy Eating

- Identify nutrients that should be consumed daily. 1e.5.1 (Interactive Read Aloud)
- Summarize the benefits of drinking water versus other beverages. 1e.5.3 (Physical Education)

Disease Prevention and Control

- Summarize the benefits of personal health care practices. 1f.5.2 (Interactive Read Aloud)

National Health Education Standard

Standard 2: Analyzing Influences

Describe how the family influences personal health practices and behaviors. 2.E2.a

Identify how peers can influence healthy and unhealthy behaviors. 2.E2.c

Describe how the school and community can support personal health practices and behaviors. 2.E2.d

Standard 4: Interpersonal Communication

Demonstrate effective verbal and non-verbal communication skills to enhance health. 4.E2.a

Demonstrate nonviolent strategies to manage or resolve conflict. 4.E2.c

Standard 5: Decision Making

Identify health-related situations that might require a thoughtful decision. 5.E2.a

Standard 6: Goal Setting

Set a personal health goal and track progress toward its achievement. 6.E2.a

Standard 7: Self Management

Identify responsible personal health behaviors. 7.E2.a

Standard 8: Advocacy

Encourage others to make positive health choices. 8.E2.b