

Acton-Boxborough Regional School District

COMPREHENSIVE HEALTH EDUCATIONS OBJECTIVES*

GRADE FIVE

EMOTIONAL/SOCIAL HEALTH

Students will:

1. Recognize that "normal" bodies come in all shapes and sizes and that body changes happen at different times (puberty discussion). **4.2****
2. Recognize gender and other stereotypes.
3. Recognize that emotions and moods can change rapidly during puberty. **4.2 (also 4.5)**
4. Learn strategies for dealing with peer and self-pressure (including smoking). **10.3** (effects on the body, too)
5. Recognize their role in building the classroom community, both in and out of school, including students who might be left out.

Review

1. Continue to practice skills for conflict resolution. **7.1, 7.2**
2. Continue to practice decision-making and coping skills. **5.5, 5.6**
3. Identify different types of stress. **5.5, 5.6**
4. Recognize personal skills for dealing with stress and identify resources for support.
5. Identify a variety of learning styles.

SAFETY & PREVENTION

Students will:

1. Describe the addictive nature of tobacco and the relationships of tar to cancer and nicotine to addiction. **10.3, 10.5**
2. Analyze several media messages about tobacco and alcohol products.
3. Demonstrate assertive resistance skills for violence prevention (including sexual harassment). **9.5, 10.8**

Review

1. Describe safe procedures (APS Universal Precaution Standards) when blood and body fluids are encountered in school or on the playground. **9.6**

PHYSICAL HEALTH

Students will:

1. Learn about physical fitness, exercise, life sports, relaxation activities. (See Physical Education Department objectives.) **2.1 – 2.5**
2. Learn the major parts of the respiratory system and the ways in which smoking can adversely affect them. **1.1** (optional: part of Transport Systems Unit)
3. Describe how tobacco use and exposure to smoke can adversely affect the body. **2.6, 10.3**

Puberty: After watching a video about puberty, students will have an opportunity to ask questions about physical and emotional changes. (teachers and school nurse) **4.2**

*minor revisions in 2012

** Numbers refer to the Massachusetts State Health Frameworks document learning standards.