

NEW MEXICO EDUCATIONAL STANDARDS

Lessons in the SDHW Written Curriculum that address all or part of all or part of these New Mexico Health Education Standards for FIFTH GRADE

Standard 1 - Students will comprehend concepts related to health promotion and disease prevention.	
Explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death.	Lessons that address all or part of this benchmark: 1.1, 1.2, 1.3, 1.4, 2.1, 2.2, 2.3, 2.4, 3.1, 3.2, 3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.4, 4.5, Assessment
Describe how family and peers influence the health of adolescents.	Lessons that address all or part of this benchmark: 4.4
Analyze how environments and personal health are interrelated.	Lessons that address all or part of this benchmark: 1.1, 1.2, 1.3, 1.4, 2.1, 2.2, 2.3, 2.4, 3.1, 3.2, 3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.4, 4.5, Assessment
Describe ways to reduce risks related to adolescent health issues.	Lessons that address all or part of this benchmark: 1.1, 1.2, 1.3, 1.4, 2.1, 2.2, 2.3, 2.4, 3.1, 3.2, 3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.4, 4.5, Assessment
Describe how lifestyle, pathogens, family history, and other risk factors are related to the prevention or cause of disease and other health problems.	Lessons that address all or part of this benchmark: 1.2, 1.3, 1.4, 2.1, 2.2, 2.4, 3.1, 3.2, 3.3, 3.4, 4.1, 4.2, 4.4, Assessment

Standard 2 - Students will demonstrate the ability to access valid health information and health-promoting products and services.	
Analyze how the media influences the selection of health information and products.	Lessons that address all or part of this benchmark: 3.3, 4.2, 4.4

Standard 3 - Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.	
Demonstrate strategies to improve or maintain personal and family health.	Lessons that address all or part of this benchmark: 1.1, 1.2, 1.3, 1.4, 2.1, 2.2, 2.3, 2.4, 3.1, 3.2, 3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.4, 4.5, Assessment

Standard 4 - Students will analyze the influence of culture, media, technology, and other factors on health.	
Analyze how messages from media and other sources influence health behaviors.	Lessons that address all or part of this benchmark: 3.3, 4.2, 4.4
Analyze how information from peers influence health.	Lessons that address all or part of this benchmark: 4.4

Standard 6 - Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.

Demonstrate the ability to apply a decision-making process to health issues and problems individually and collaboratively.	Lessons that address all or part of this benchmark: 3.2
Analyze how health-related decisions are influenced by individuals, family, peers, and community values.	Lessons that address all or part of this benchmark: 4.4
Apply strategies and skills needed to attain personal health goals.	Lessons that address all or part of this benchmark: 2.4, 3.4
Describe how personal health goals are influenced by changing information, abilities, priorities, and responsibilities.	Lessons that address all or part of this benchmark: 2.4, 3.4, 4.1, 4.2

Standard 7 - Students will demonstrate the ability to advocate for personal, family, peer and community health.

Express information and opinions about health issues.	Lessons that address all or part of this benchmark: 1.1, 2.4, 3.2, 3.4, 4.2, 4.4, Assessment
Demonstrate the ability to influence and support others in making health-enhancing choices.	Lessons that address all or part of this benchmark: 2.3, 2.4, 2.5, 3.2, 3.4, 4.3, 4.4, Assessment
Demonstrate the ability to work cooperatively when advocating for healthy individuals, families, and schools.	Lessons that address all or part of this benchmark: 2.2, 2.4, 3.2, 4.4