

NATIONAL EDUCATIONAL STANDARDS

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

| Standard 1 - Students will comprehend concepts related to health promotion and disease prevention. | |
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| 1.1 - 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 |
| 1.4 - Describe how family and peers influence the health of adolescents. | Lessons that address all or part of this benchmark: 4.4 |
| 1.5 - Analyze how environment 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 |
| 1.6 - Describe ways to reduce risks related to adolescent health problems. | 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 |
| 1.8 - Describe how lifestyle, pathogens, family history, and other risk factors are related to the cause or prevention 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. | |
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| 2.3 - Analyze how media influences the selection of health information, products, and services. | 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. | |
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| 3.4 - Demonstrate strategies to improve or maintain personal 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. | |
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| 4.2 - Evaluate the effect of media and other factors on personal, family, and community health. | Lessons that address all or part of this benchmark: 3.3, 4.2, 4.4 |
| 4.4 - Analyze how information from the community influences 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.

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| 6.1 - 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 |
| 6.2 - 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 |
| 6.4 - Apply strategies and skills needed to attain personal health goals. | Lessons that address all or part of this benchmark: 2.4, 3.4 |
| 6.5 - 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.

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| 7.2 - 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 |
| 7.4 - Demonstrate the ability to influence and support others in making positive health 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 |
| 7.5 - 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 |