



MENDHAM TOWNSHIP COMPREHENSIVE HEALTH CURRICULUM

GRADE 5

- I. Safety and Injury Prevention
 - Students should demonstrate the ability to:
 - A. Identify current school safety policies and explain how they are enforced 216D1
 - B. Demonstrate and awareness of safety rules for the home, such as those related to electrical and fire safety 216D1
 - C. Recognize the potential hazards related to recreational activities such as boating, bicycling, automotive use and water sports 216D1
 - D. Identify factors that could lead to physical and emotional abuse, and what can be done if these situations arise 216E1, 2

- II. Social and Mental Health
 - A. Social Health
 - Students should demonstrate the ability to:
 - 1. Resolve conflicts with peers in a healthy manner 226A2, 246A4
 - 2. List those qualities that determine a true friend 246A2,3
 - 3. Utilize refusal skills when dealing with peer pressure 226A1-2
 - 4. Choose a non-violent approach for dealing with bullying, and utilize appropriate resources if intervention becomes necessary 246A4, 216E2, 226E2
 - B. Mental Health
 - Students should demonstrate the ability to:
 - 1. Identify stressful situations 216E3
 - 2. Devise strategies for dealing with stress 216E3
 - 3. Describe the physical and psychological effects of stress 216E3
 - 4. Evaluate a method for relieving stress caused by family changes 216E3, 246A1
 - 5. Identify various strategies that can help with bullying and teasing 246A4, 216E2
 - 6. Explain the need for a positive self-image 216E1
 - 7. Describe the characteristics of a healthy person – physical, social, emotional and intellectual 216E1

- III. Nutrition and Fitness
 - A. Nutrition
 - Students should demonstrate the ability to:
 - 1. Explain dietary guidelines and principles of “my plate” 216B2
 - 2. Interpret food labels, including ingredients, serving size, and nutritional information 216B1, 4
 - 3. Analyze diets for nutritional balance and a wide variety of food choices 216B3
 - 4. Identify the important nutrients found in various foods 216B3



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IV. Drugs, Alcohol and Medication

Students should demonstrate the ability to:

- A. Identify and understand over-the-counter and prescription drugs 36A 1-2
- B. Distinguish between legal and illegal drugs 236B1
- C. Understand the body systems affected by drugs 236B4, 6
- D. Distinguish between accurate, reliable information and myths 226E1
- E. Explain the physical effects of alcohol, tobacco and other drugs such as marijuana, cocaine, heroin and hallucinogens 236B2,4
- F. Understand and appreciate the far-reaching impact of drug use on the individual and the family unit 236B5
- G. Recognize the signs and symptoms of chemical dependency as well as where to go for help with a problem 236C1,2
- H. Identify misleading advertisements that promote and encourage drug use 236C3
- I. Identify the physical and behavioral effects of smoking cigarettes, chewing tobacco, and using marijuana 236C4
- J. Identify ways to cope with the problem or seek assistance when confronted with situations involving drug use 236B2
- K. Use refusal skills to say no to drugs 226A2, 226B3
- L. Identify the harmful substances in tobacco and explain their effects on the body 236B2
- M. Explain the effects of inhalants on the body 236B6
- N. Explain and understand the facts about caffeine and how it affects the body 236B1
- O. Recognize and explain the effects of alcohol on the body and the mind 236B4
- P. Discuss and understand the various risks and dangers inherent in our society as well as the negative impacts they have on the family structure 236B1
- Q. How to deal with drug dependency as well as the roles of the various treatment programs that are available 236C4
- R. Explain and understand the health risks to non-smokers as a result of breathing secondary smoke 236B3

V. Family Life

A. Deal with situations involving sexual harassment

Students should demonstrate the ability to:

- 1. Identify and recognize situations, both in and out of school, where sexual harassment is taking place 216D1
- 2. Provide a clear definition of sexual harassment 246A3
- 3. Discuss health issues associated with sexual harassment 246A2-3
- 4. Identify resources that can be helpful when dealing with problems at home and at school 216E3, 226E2, 216D2



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B. Family and Relationships

Student should demonstrate the ability to:

1. Recognize and discuss relationships with classmates and family members
246A1-4
2. Discuss the importance of love, trust and caring within the family unit
246A2
3. Discuss the basic human needs; physical, social, emotional and intellectual
216E1, 246A2

VI. Growth and Development

A. The Endocrine System

Students should demonstrate the ability to:

1. Discuss the changes that occur during the preadolescent period, and the importance of personal hygiene 246B1, 216A 2-3
2. Explain how puberty initiated the physical changes that lead to womanhood
246B1
3. Describe how bodies develop from fetal eggs 246C1
4. Explain the influence the endocrine system has on appearance, body functions and mental and emotional behavior 246B1
5. Discuss the similarities and differences between males and females 246B1
6. Discuss the female reproductive anatomy
 - a) Internal and external 246B1
 - b) Physiology of the female body 246B1
 - c) Ovulation and menstruation 246C1
 - d) Signs and symptoms of pregnancy 246C2
7. Heredity
Students should demonstrate the ability to:
 - a) Discuss common traits passed on to children from their parents 216A2
 - b) Discuss diseases that may be linked to heredity 216A2
 - c) Discuss the influence of inherited traits on growth and development
216A2



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VII. Diseases-Communicable and non-communicable

Students should demonstrate the ability to:

- A. Recognize the signs and symptoms of communicable diseases 216C1
- B. Explain a pathogen and how it is spread 216C1
- C. Identify various pathogen such as viruses, bacteria, fungi and protozoa as well as the diseases they cause 216C1
- D. Discuss how diseases are spread and how they enter the body 216C2
- E. Describe how the immune system works and the other defenses the body uses to protect itself from diseases 216C1
- F. HIV/AIDS
 - 1. Describe how the disease affects the immune system 246B3
 - 2. Explain how the diseases is transmitted and how it can be prevented 246B4
- G. Compare various types of non-communicable diseases and what causes them 216C3
- H. Discuss the various treatments that are available for these diseases 216C3

VIII. Character Education

Students should demonstrate the ability to:

- A. Describe the importance of: respect, responsibility, citizenship, caring and honesty in the development of a healthy individual 226C1
- B. Set goals, both short range and long range 226B4
- C. Identify role models and their positive attributes 226C1
- D. Recognize the differences among individual, group and team goals as well as some of the elements that help to achieve them 226D1
- E. Explain how positive leadership skills promote cooperation in various group activities 226C2