

**Helena Public Schools  
Grade 5  
Nurse/Instructional Coach  
Health and Wellness**

**Health Maintenance & Enhancement**

- Recognizes the characteristics and importance of good posture
- Describe importance of taking responsibility for personal and oral health care
- Identify behaviors that if performed regularly, can contribute to a healthy lifestyle. Identify hygiene practices (for example but not limited to acne)
- Identify & demonstrate proper hand washing techniques & respiratory hygiene
- Recognize the changes in development (i.e. emotional, physical, intellectual growth)
- Understand the role food (nutrients) plays in childhood obesity, type II diabetes and eating disorders
- Identify symptoms, causes and prevention of illnesses related to food-borne illness.
- Understand sexual harassment is unwanted & uninvited sexual attention such as teasing, touching, or taunting and is against the law
- Recognize that sexual abuse happens, even though many people do not want to talk about it and is most often committed by someone that the child knows
- Understand how a child experiencing unwanted or uncomfortable touching, should tell a trusted adult

**Functions & Interrelationships of Systems**

- Recognize the importance of self & regular checkups for skin care and skin conditions
- Formulate ways to protect skin from environmental damage
- Identify types of blood cells (i.e., red, white, platelets)
- Identify & discuss the physical, emotional, social & intellectual changes occurring during puberty
- Understand that the union of the sperm & egg is called fertilization. The fetus develops during pregnancy with a 40 week cycle that ends with birth
- Identify & describe the basic structure & function of the male & female reproductive system
- Understand that men produce sperm their entire life and that women are born with all their eggs
- Describe how to keep the immune system healthy & explain the principles of vaccination & immunization
- Understand that individuals should not make decisions about sex based solely on what their peers are doing
- Establish that love is not the same as sexual involvement or attraction although it can happen at the same time
- Understand that abstinence from sexual activity is a healthy choice and is the only 100% effective way to avoid pregnancy & STI/HIV
- Understand that sexual abstinence means choosing not to engage in sexual activities
- Understand the risk associated with sexual activity
- Understand sexual harassment is unwanted & uninvited sexual attention such as teasing, touching, taunting or sexting and is against the law
- Understand sexual orientation refers to a person's physical and/or romantic attraction to an individual of the same and or/different gender
- Understand that during puberty, many people begin to develop sexual and romantic feelings
- Establish that love is not the same as sexual involvement or attraction although it can happen at the same time

**Risk Assessment & Reduction**

- Aware of the necessity for skin & eye protection
- Understand the differences between communicable and non-communicable diseases.
- Define STI & recognize transmissions (gonorrhea, syphilis, HIV infection, Chlamydia, genital warts and herpes)
- Understand abstinence from sexual activity is the only 100% effective way to avoid STIs
- Understand anyone can get STIs if they exchange bodily fluids orally, vaginally, anally
- Understand barrier methods of contraception can reduce but not prevent sexually transmitted infections
- Know when to use universal precautions
- List behaviors that could enhance HIV transmission (e.g., tattoo, piercing, sex, syringe use, pregnancy) & strategies to prevent infection
- Explain how basic first aid techniques can help to save lives (e.g., abdominal thrusts & rescue breathing)
- Explain the guidelines & precautions needed when using OTC & prescription drugs (e.g., take with trusted adult, follow the label directions, only take your own, check safety seal)