

Helena Public Schools
Grade 5
School Counselor
Health and Wellness

Health Maintenance & Enhancement

Support the following Competencies:

- Apply strategies to solve or prevent problems (e.g., listen attentively, claim down, find a compromise)
- Identify steps of conflict resolution
- Describe strategies to prevent bullying, cyber-bullying harassment & violence
- Describe the short & long term effects of stress on the body
- Recognize the positive affect that exercise has on stress management

Functions & Interrelationships of Systems

Support the following Competencies:

- Assess risk of unhealthy lifestyle (e.g. smoking, alcohol, drugs, nutrition) on digestive anatomy
- Differentiate between negative & positive peer pressure & discuss refusal techniques
- Evaluate ideas & perspectives regarding the influence that family , friends, & culture have on health choices & behaviors during adolescence
- Understand that family structures differ
- Recognize that feeling good about oneself enhances loving relationships
- Define defense mechanisms (constructive or destructive) as a means for handling emotions (e.g., talking it out vs. shutting down)
- Identify a variety of feelings & situations that may require adult assistance
- Demonstrate peaceful conflict resolution
- Identify signs and symptoms of mental illness
- Individuals with major depression and/or anxiety can reduce symptoms and in some cases eliminate their symptoms by exercising, developing better sleep patterns, reducing stress and related activities. This is not true for everyone; some people must use medication to improve
- The first line and most effective treatment for serious mental illness like schizophrenia and bipolar disorder is medication, with some benefit coming from psychosocial therapeutic interventions. People who get plenty of exercise and lead highly healthy life styles can still have serious mental illness
- Understand friends often try to influence each other's decisions
- Understand asking questions to a parent, trusted adult, teacher or counselor is usually a wise decision

Risk Assessment & Reduction

Support the following Competencies:

- Identify consequences of tobacco, alcohol and marijuana use
- Identify short & long term affects of marijuana & methamphetamines
- Know personal and family problems related to excessive use of tobacco, alcohol and other drugs
- Compare peer pressure to peer support & evaluate how each influences the making of informed & reasoned decisions regarding tobacco, alcohol and other drug use
- Discuss problems in daily living that may contribute to self-destructive behaviors & strategies to cope with these behaviors
- Discuss the issues relative to a smoke- free environment & demonstrate strategies for refusing tobacco, alcohol and other drugs