



Essential Objectives for Health: Grade 5

Growth and Development (Chapter 2, Lessons 1, 3, 4 and 5)

- Identify the kinds of changes that families experience.
- Describe how children's responsibilities change as they mature.
- Identify the stages of growth and development.
- Describe some of the changes a person experiences at each stage.
- Identify the significance of reaching puberty.
- Identify and describe factors that affect growth.
- Describe the functions of the major glands of the endocrine system.
- Describe the role of the endocrine system in the growth process.
- Describe how the growth spurt experienced during puberty affects your interests and your ability to solve problems.
- Describe the feelings and problems that are common during adolescence and ways to handle these new feelings.

Learning About Disease (Chapter 5, Lessons 2, 3, and 5)

- Distinguish among diseases caused by different pathogens.
- Explain how pathogens are transmitted and how they enter the body.
- Explain how HIV is transmitted and how it affects the body.
- Name the body's defenses against pathogens.
- Explain the relationship between a pathogen and an antibody.
- Explain how the body develops immunity to a disease.
- Distinguish between chronic and acute diseases.
- Recognize the relationship between lifestyle choices and the risk of developing some chronic diseases.

Legal and Illegal Drugs (Chapter 6, Lessons 1, 3, 4 and Life Skills)

- Explain that medicines are drugs that cause helpful changes in the body when used correctly.
- Differentiate between OTC and prescription medicines.
- Explain how the use of illegal drugs can harm the body.
- Describe crack and cocaine and their effects on the body.
- Describe marijuana, inhalants, and steroids and the effects they have on the body.
- Describe the negative consequences of drug abuse.
- Explain how drug abuse can interfere with activities and goals.
- Suggest ways to say **NO** to drug abuse.
- Identify refusal skills.
- Use refusal skills to stay drug free.

About Tobacco and Alcohol (Chapter 7, Lessons 1, 2, 3, Life Skills, and 4)

- Name three harmful substances in tobacco smoke.
- Describe the effects of tobacco use on parts of the body.
- Identify reasons people use tobacco.
- Explain what blood alcohol level is and what it measures.
- Describe the ways in which alcohol affects a person's health, abilities, and functioning.
- Explain what an alcoholic is and who might become one.
- List reasons for choosing not to use alcohol.
- Develop strategies for dealing with peer pressure.
- Analyze advertisements for alcohol and tobacco products.
- Identify ways of refusing.
- Use refusal skills to say **NO** to alcohol and tobacco products.
- List warning signs of a problem with alcohol.
- Explain why people who are addicted to alcohol or tobacco need help to stop using these drugs.
- Identify sources of support available to people who want to stop using alcohol or tobacco.

Planning for Safety (Chapter 8, Lessons 2, 3, 4 and 5)

- Practice safety at play and in motor vehicles.
- Analyze safety equipment.
- Explain first-aid treatment for common injuries.
- Compare road rules for safe bicycling and safe driving.
- Practice safe bicycling.
- Identify traffic signs and signals.
- Explain how to prevent home fires.
- Recognize fire hazards in the home.
- Describe how to survive a home fire.
- Recognize situations that can lead to violence.
- Describe how to respond to threatening situations.
- Practice ways to avoid violence.