

# Grades 3-5

## Human Growth and Development <sup>1</sup>

**Students will demonstrate the ability to apply their understanding of human growth and development, including awareness of their own and others', related to body systems.**

- C** I can classify the major functions of the body systems, identify which body parts are in each system, and how to keep my body systems healthy. <sup>1.C</sup>
  - D** I can distinguish how the body systems mature and how heredity impacts growth and development. <sup>1.D</sup>
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## Healthy Skills and Relationships <sup>2</sup>

**Students will demonstrate healthy relationships and interaction with others, utilize effective communication skills (verbal, non-verbal, and online), and differentiate between healthy and unhealthy behaviors, and how those behaviors impact relationships with peers and adults.**

- C1** I can demonstrate appropriate verbal and nonverbal communication skills. <sup>2.C1</sup>
  - C2** I can compare behaviors that demonstrate respect as well as disrespect of self and others. <sup>2.C2</sup>
  - D1** I can predict consequences of healthy and unhealthy behaviors, including their impact on self and others. <sup>2.D1</sup>
  - D2** I can effectively communicate my thoughts and opinions to my peers in a healthy manner. <sup>2.D2</sup>
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## Nutrition <sup>3</sup>

**Students will apply concepts of how food choices impact the overall health of self and others, and investigate how different types of eating disorders damage body systems.**

- C** I can make healthy food choices based on nutritional information. <sup>3.C</sup>
  - D** I can discuss healthy and unhealthy food intake patterns and the consequences of both. <sup>3.D</sup>
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## Alcohol, Tobacco, and Other Drugs <sup>4</sup>

**Students will investigate healthy and unhealthy behaviors related to alcohol, tobacco, and other drugs, while understanding the physical, psychological, and legal consequences for self and others.**

- C** I can discuss avoidance strategies for alcohol, tobacco, and other drug use. <sup>4.C</sup>
  - D** I can discuss physical and psychological damage resulting from long-term use of alcohol, tobacco, and other drugs. <sup>4.D</sup>
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**Personal Health and Safety** 5

**Students will promote physical, social, and emotional health for self and others.**

- C1** I can develop strategies for lifetime behavior and activity that promote health and wellness. 5.C1
- C2** I can identify people and resources that promote health and safety. 5.C2
- C3** I can identify behaviors associated with physical, mental, and verbal abuse and resources that aid in avoiding them. 5.C3
- D1** I can recognize potentially abusive situations as a threat to personal safety. 5.D1