Montana Health Enhancement

Grade 5

Adopted 2016

Comprehend concepts related to health promotion and disease prevention to enhance personal health.

1. **Explaining the relationship between healthy behaviors and personal health;** A.5.1
2. **Describing personal health enhancing strategies that encompass substance abuse prevention, nutrition, exercise, injury and disease prevention and stress management, including traditional and contemporary strategies from American Indian cultures;** A.5.2
3. **Identifying potential consequences of engaging in risky behaviors;** A.5.3
4. **Identifying examples of physical, mental, emotional, family and social health, including those of traditional and contemporary American Indian cultures and practices;** A.5.4
5. **Explaining practices used to prevent or reduce the risk of spreading or contracting communicable diseases;** A.5.5
6. **Discussing ways environmental factors affect health;** A.5.6
7. **Describing ways in which safe and healthy school and community environments can promote personal health;** A.5.7
8. **Describing ways to prevent and treat common childhood injuries and health problems;** A.5.8
9. **Giving examples of health care and their benefits, including the unique issues regarding American Indians and health care benefits; and** A.5.9
10. **Identifying the basic structure and function of the major human body systems, including growth and development and the reproductive system.** A.5.10

Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

1. **Examining how family and culture influence personal health practices and behaviors;** B.5.1
2. **Identifying how peers can influence healthy and unhealthy behaviors;** B.5.2
3. **Describing how the school, tribe, and community can support personal health practices and behaviors;** B.5.3
4. **Explaining how media influences thoughts, feelings, and health behaviors;** B.5.4

	5. Discussing ways that technology can influence personal health; and B.5.5
	6. Explaining how school, public, and tribal health policies can influence health promotion and disease prevention. B.5.6
Demonstrate the ability to access valid information, products, and services to enhance health.	1. Identifying characteristics of valid health information, products, and services; and C.5.1
	2. Locating resources from home, school, tribe, and community that provide valid health information. C.5.2
Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	1. Using effective verbal and nonverbal communication skills to enhance health, including those of traditional and contemporary American Indian cultures and practices; D.5.1
	2. Using refusal skills that avoid or reduce health risks; D.5.2
	3. Using nonviolent strategies to manage or resolve conflict; and D.5.3
	4. Discussing how to ask for assistance to enhance the health and safety of self and others. D.5.4
Demonstrate the ability to use decision-making skills to enhance health and safety.	1. Identifying health-related situations that might require thoughtful decisions; E.5.1
	2. Analyzing when assistance is needed in making safety and health-related decisions; E.5.2
	3. Comparing and contrasting healthy options to safety and health-related issues or problems; E.5.3
	4. Predicting the potential outcomes of options when making safety and health-related decisions; and E.5.4
	5. Describing the outcomes of safety and health-related decisions. E.5.5
Demonstrate the ability to use goal-setting skills to enhance health.	1. Setting a personal health goal and tracking progress toward its achievement; and F.5.1
	2. Identifying resources to assist in achieving a personal health goal. F.5.2
Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.	1. Explaining benefits of healthy behaviors toward self and others; G.5.1
	2. Practicing responsible personal health behaviors; G.5.2
	3. Using a variety of healthy practices and behaviors to maintain or improve personal health; and G.5.3

4. **Using a variety of behaviors to avoid or reduce health risks.** G.5.4

Demonstrate the ability to advocate for personal, family, and community health.

1. **Expressing opinions and giving accurate information about health issues;** H.5.1
2. **Practicing and rationalizing reasons for positive health choices; and** H.5.2
3. **Evaluating various health messages and communication techniques.** H.5.3