

Kentucky Academic Standards for Health Education
Grade 5

Standard 1	Content Comprehension	Performance Indicators
Students will comprehend content related to health promotion and disease prevention to enhance health.	The acquisition of basic health content and functional health knowledge provides a foundation for promoting health-enhancing behaviors among Kentucky youth.	<p>5.1.1. Identify short and long-term effects of alcohol use.</p> <p>5.1.2. Describe the benefits of limiting the consumption of solid fat, added sugar and sodium and explain the concept of eating in moderation.</p> <p>5.1.3. List physical and emotional reactions to stress and identify positive and negative ways of dealing with stress and anxiety.</p> <p>5.1.4. Explain the difference between infectious and non-infectious diseases, as well as how to prevent and treat them.</p> <p>5.1.5. Describe safety precautions for playing and working outdoors in different kinds of weather and climates.</p> <p>[REDACTED]</p> <p>5.1.7. Explain that tobacco use is an addiction that can be treated.</p> <p>5.1.8. Explain why it is harmful to tease or bully others based on personal characteristics and describe examples of pro-social behaviors that help prevent violence.</p>
Standard 2	Practices for Analyzing Influences	Performance Indicators
Analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.	Health is affected by a variety of positive and negative influences: family, peers, community (including school), culture and media.	<p>5.2.1. Analyze how media influences thoughts and feelings concerning health behaviors.</p>

Standard 3	Practices for Accessing Valid Information	Performance Indicators
Access valid information, products and services to enhance health.	Access to valid health information and health-promoting products and services is critical in the prevention, early detection and treatment of health problems.	<p>5.3.1. Evaluate resources from school, home and community that provide valid health information.</p> <p>5.3.2. Analyze the influences of family, culture, media and technology when accessing valid health information.</p>
Standard 4	Practices for Communication	Performance Indicators
Use interpersonal communication skills to enhance health and avoid or reduce health risks.	Effective communication enhances personal, family and community health.	<p>5.4.1. Demonstrate verbal and non-verbal communication skills to enhance healthy behaviors for self and others.</p> <p>5.4.2. Demonstrate healthy ways to manage or resolve conflict.</p> <p>5.4.3. Demonstrate effective refusal skills that avoid or reduce health risks.</p> <p>5.4.4. Demonstrate how to effectively ask for help in order to reduce physical, mental or emotional health risks.</p> <p>5.4.5. Demonstrate how to communicate empathy and support for someone.</p>
Standard 5	Practices for Decision-Making	Performance Indicators
Use decision-making skills to enhance health.	Decision-making skills are needed to identify, implement and sustain health-enhancing behaviors.	<p>5.5.1. Demonstrate decision-making skills needed to avoid unhealthy choices.</p> <p>5.5.2. Analyze when assistance is, or is not, needed in making a health-related decision.</p> <p>5.5.3. Demonstrate how community, school, media and technology influence a decision related to personal health.</p>

Standard 6	Practices for Goal-Setting	Performance Indicators
Use goal-setting skills to enhance health.	Goal setting skills are essential to help students identify, adopt and maintain healthy behaviors.	<p>5.6.1. Analyze and revise, if needed, long-term goals to include positive physical, mental or emotional health.</p> <p>5.6.2. Analyze goals and the influence family, peers, community, media and technology have on those goals.</p> <p>5.6.3. Analyze lifestyles, skills and resources to determine the effect they will have on the achievement and/or maintenance of long-term personal goals.</p>
Standard 7	Practices for Health-Enhancing Behaviors	Performance Indicators
Practice health-enhancing behaviors and avoid or reduce health risks.	Research confirms practicing health-enhanced behaviors can prevent many diseases and injuries and reduce harmful and risk-taking behaviors such as abuse and neglect, drug abuse, prescription drug abuse and sexual activity.	<p>5.7.1. Analyze personal health practices and set goals to practice positive behaviors that affect physical, mental and emotional health.</p> <p>5.7.2. Describe and demonstrate healthy practices and behaviors on a routine basis.</p> <p>5.7.3. Describe health-enhancing practices and behaviors for physical, mental and emotional health.</p>
Standard 8	Practices for Advocating	Performance Indicators
Advocate for personal, family and community health.	Advocacy skills help students promote healthy norms and healthy behaviors.	<p>5.8.1. Persuade others to engage in healthy behaviors through conversations, presentations and interactive media, using school and community resources.</p> <p>5.8.2. Demonstrate how to advocate for others to make positive behavior choices to improve personal health and wellness.</p>