

# Birmingham Public School's Fifth Grade Health Units of Study



## **Unit 1: Social and Emotional Health**

- Impact of harassing behaviors
- Managing strong feelings
- Predict and avoid situations that may lead to trouble
- Seeking help from a trusted adult
- Effective listening strategies
- Conflict resolution

## **Unit 2: Personal Health and Wellness**

- Importance of personal hygiene

## **Unit 3: Safety**

- Respecting personal space and boundaries
- Appropriate and inappropriate touch
- Seeking help from trusted adults
- Avoiding unsafe situations

## **Unit 4: Alcohol, Tobacco, and Other Drugs**

- Short and long-term physical effects of using tobacco and inhalants
- Benefits of not smoking
- Strategies to avoid riding with an impaired driver
- Positive decision making
- Refusal skills

## **Unit 5: HIV Prevention**

- Defining HIV and AIDS and safety precautions for all blood borne communicable diseases

## **Unit 5: Growth and Development**

- Puberty and development (social, emotional, and physical changes)
- Basic reproductive body anatomy

## **PE Unit: Nutrition and Physical Activity**

- Essential nutrients needed for good health
- Healthy eating guidelines
- Understanding food labels