

**Elementary School Health Education
Course: Health Grade 5**

Mental and Emotional Health Unit		
Lesson Number	Lesson Topic	Lesson Objective
1	Communication Day 1	<ul style="list-style-type: none"> Model verbal and non-verbal methods of communication
2	Communication Day 2	<ul style="list-style-type: none"> Model positive verbal and non-verbal responses to various situations (focus on self-esteem and responses to cyberbullying)

Alcohol, Tobacco, and Other Drugs Unit		
Lesson Number	Lesson Topic	Lesson Objective
1	Medicines	<ul style="list-style-type: none"> Identify safe practices for using prescription and Over the Counter drugs
2	Tobacco	<ul style="list-style-type: none"> Develop and apply skills to resist pressure to use tobacco
3	Alcohol	<ul style="list-style-type: none"> Identify and examine physical, psychological, and social consequences of alcohol use
4	Marijuana	<ul style="list-style-type: none"> Identify marijuana as a psychoactive and illegal drug
5	Peer Pressure/Refusal Skills	<ul style="list-style-type: none"> Identify and demonstrate strategies for dealing with peer pressure

Family Life and Human Sexuality Unit		
Lesson Number	Lesson Topic	Lesson Objective
1	Introduction	<ul style="list-style-type: none"> Establish expectations of behavior within the family life unit
2	Healthy Relationships and Consent	<ul style="list-style-type: none"> Demonstrate effective strategies to communicate personal boundaries and consent Explain the importance of talking with parents and other trusted adults
3	Puberty and Hygiene	<ul style="list-style-type: none"> Describe the impact of puberty on physical wellness, relationships, and emotions
4	Female Reproductive System	<ul style="list-style-type: none"> Identify the parts and explain the function of the female reproductive system
5	Male Reproductive System	<ul style="list-style-type: none"> Identify the parts and explain the function of the male reproductive system

As of 1/2023, there are three units in grade 5 health education. Grade 5 health education curriculum is currently under HCPS review for alignment to MSDE Comprehensive Health Education Framework.