

# HEALTH SERIES OVERVIEW

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## FOR SKILLS-BASED HEALTH EDUCATION



**TULSA HEALTH**  
Department  
*School Health Program*

# 5th Grade

## Oklahoma Health Standards

1. Describe the benefits of healthy family and peer relationships. (1.HR.5.2)
2. Explain why everyone has the right to consent to being touched (e.g., high five, handshake, hug). (1.HR.5.3)
3. Identify characteristics of valid health information, products and services based on self-identified need (e.g., reliable, appropriate, accurate, or trustworthy). (3.AC.5.1)
4. Locate resources from home, school, and the community that provide valid health information. (3.AC.5.2)
5. Explain how family, culture, peers, technology, or media influence a health-related decision. (5.DM.5.3)
6. Examine healthy options to a health-related decision. (5.DM.5.4)
7. Choose a healthy option when making a decision. (5.DM.5.6)
8. Apply a variety of healthy practices and behaviors to maintain or improve personal health. (7.SM.5.2)

## Health Behavior Outcomes

Establish and maintain healthy relationships. MEH-8

## Lesson Objectives

By the end of this lesson students will be able to:

### Accessing Information

- Identify characteristics of valid health information, products and services based on self-identified need.
- Locate resources that provide valid and reliable health information.
- Understand they cannot trust everything they read or see.

### Decision Making

- Choose examples of the physical, social, emotional, and intellectual, dimensions of health.
- Explain how family, peers, trusted adults, and media can affect a health-related decision.
- Identify options when making a health-related decision.

### Self-management

- List examples of the physical, social, emotional, and intellectual, dimensions of health.
- Compare and contrast safe and unsafe people in regard to a healthy relationship.

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