

5th Grade Presentation Outline 2020-2021

Analyzing Influences and Healthy Relationships

Objectives:

- Analyze how family, and peers, influence decisions and behaviors.
- Differentiate between healthy and unhealthy relationships.

Presentation

- Healthy Selves – Healthy Relationships, Activity: What Baggage Are You Carrying?
- Family Patterns
- Peer Pressure, Activity: Move If
- Qualities of a Healthy Friendship
 - Materials: Three labeled bags, Resource 7a Baggage Activity Cards, Essentials of Friendship Worksheet, Friendship Brochures

Dimensions of Health and Disease Prevention

Objectives:

- Describe dimensions or aspects of health.
- Examine how abstinence prevents disease, and affects quality of life.

Presentation

- Six Dimensions of Whole Health
- Abstinence and How it Protects Our Health
 - Materials: Whole Health Worksheet

Goal Setting and Decision-Making

Objectives

- Identify personal health goals, and analyze progress.
- Apply decision-making skills to goals.

Presentation

- 20/20 Vision, Activity: Future Orientation
- Character
- Activity: Decisions
- Choices
- Life Goals
 - Materials: Broom, Decision Making and My Future Worksheet, Wheel of Future Worksheet

Puberty and Hygiene

Objectives:

- Understanding puberty changes and the reproduction system.
- Explaining hygiene practices.

Presentation:

- Ready, Set, Grow; Activity: Guess the Grade
- Puberty Changes
- Reproductive System
 - Materials: Changes for Males/Females Worksheet, Good Hygiene Worksheet

Violence Prevention

Objectives:

- Violence prevention: Understanding media safety, describe types of abuse, avoiding violence

Presentation:

- Media safety, Activity: Shark Attack
- Emotions vs. Behaviors, Activity: Train Car
- Angry Brains, Video: Amy and Flo
- Types of abuse
- Harm to Children
- How Arguments Start
- Power of Time Outs, Video: Ordinary People
- How to Help a Friend
 - Materials: Shark attack cards, dice, train car cards, time out cards