

Alive & Well

# 5TH GRADE

## Growing Up Curriculum

Health And Wellness Standards  
Counseling Standards

### ALIVE & WELL

*Helping Teens Make Healthy Choices*

***Alive & Well exists to partner with parents, educators and youth workers in order to equip young people with the skills they need to make healthy lifestyle choices.***

Throughout the Growing Up curriculum, 5th grade students will learn about brain development, worldview, I-messages, their changing bodies, internet safety, bullying, and more! We have included the state standards for Health & Wellness as well as Counseling Standards for each lesson.

# STANDARDS COVERED

**C = Counseling Standards**

**H = Health and Wellness**

**\*Be The Best You that You Can Be:**

*Goal Setting, Steps to Making a Good Decision, Understanding Consequences*

**C:** 2C.1, 3A.1, 3B.1, 3C.2, 4B.1, 6A.3, 6B.1, 6B.2, 6B.3

**H:** 5.2.1, 5.2.2, 5.4.5

**\*My Changing Body:**

*Puberty, Whole Person Health, Healthy Behaviors*

**H:** 5.1.1, 5.1.25.1.4, 5.1.5, 5.5.3, 5.5.4, 5.5.5, 5.7.1

**\*Healthy Relationships:**

*Respect, I-Messages, The Power of Words*

**C:** 2A.4, 2C.1, 4B.3, 4C.1, 5A.2, 5A.3

**H:** 5.2.4, 5.4.3, 5.4.4, 5.4.7, 5.4.8, 5.5.3

**\*Respect:**

*Bullying, Peer Pressure, Safe Touch/Unsafe Touch, Good/Bad Pictures, Modesty*

**C:** 2C.1, 3C.2, 5A.2, 5A.3, 5B.2, 5B.3

**H:** 5.1.3, 5.2.4, 5.4.3, 5.4.4, 5.4.5, 5.4.6, 5.4.7, 5.5.3, 5.5.6, 5.8.1

**\*Social Media and Technology:**

*Technology and Personal Health, Perception vs. Reality, My Personal Health Goal*

**C:** 6A.1

**H:** 5.1.1, 5.2.3, 5.2.6, 5.5.1, 5.5.6, 5.6.1, 5.6.2, 5.6.3, 5.6.4, 5.6.5, 5.6.6, 5.6.7

**Name It To Tame It:**

*Flip Your Lid (Emotional Awareness), Conflict Resolution, Stress Management*

**C:** 1A.1, 1A.2, 1A.3, 2A.1, 2A.2, 2A.4, 3A.1, 3B.1, 4A.1, 4C.1, 4C.2, 4C.3

**Uniquely You:**

*How Brain Pathways Affect Behavior, Embracing Failure, Individual Gifts*

**C:** 1B.2, 2B.2, 2C.2, 5A.3, 6A.2, 7A.1, 7A.2, 7B.1

**Understanding Myself and Others:**

*Whole Body Listening, Empathy, Worldview*

**C:** 4A.2, 4C.2, 5A.1, 5A.2, 5A.3, 5B.1, 5B.2, 5B.3, 6B.3, 7B.1

**H:** 5.2.1, 5.2.5, 5.4.2, 5.4.4, 5.4.7, 5.4.8, 5.5.1, 5.5.2



**\* = Core 5**