

Boulder Valley School District

K-12 Health Education Curriculum

Approved May 25, 2004

Human Growth and Development and Human
Sexuality-related Performance Indicators
for Grade 5

Grade 5:

E. Human Growth and Development

1. Demonstrate understanding of core concepts related to human growth and development by
 - a. explaining the physical, emotional, mental, and social changes that occur in puberty and adolescence;
 - b. identifying hygiene practices that contribute to health during puberty; and
 - c. identifying actions that show respect for self and others.
2. Demonstrate an ability to access information about human growth and development by
 - a. identifying and accessing valid sources of information on puberty and adolescence.
3. Demonstrate the ability to practice healthy behaviors with respect to human growth and development by
 - a. demonstrating healthy ways to handle strong emotions.
4. Demonstrate an ability to analyze influences on human growth and development by
 - a. identifying media messages about puberty and adolescence and discussing stereotypes that are perpetuated.