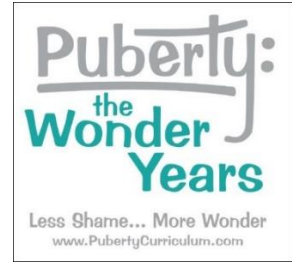




**Tennessee Health  
Education Standards**  
Aligned to  
***Puberty: The Wonder Years***  
**for Grades 4, 5, and 6**



The chart below describes how *Puberty: The Wonder Years* for grades 4, 5, and 6 addresses the “Tennessee Health Education Standards” in Grades 3-8. The grade and lesson number from *Puberty: The Wonder Years* is indicated for each standard that is addressed.

Tennessee Health Education Standards		<b><i>Puberty: The Wonder Years</i></b>		
		Grade 4	Grade 5	Grade 6
<b>Grades 3-5</b>	<b>Personal Health and Wellness</b>			
	Standard 1: The student will demonstrate the ability to implement decision making and goal setting skills to promote his/her personal health and wellness, thereby enhancing quality of life for himself/herself and those around him/her. 1.3, 1.4, 1.5 Influences, Goals, Media		5-5, 5-6, 5-7	6-6
	Standard 2: The student will understand the importance of personal hygiene practices as related to healthy living. 2.1, 2.4 Hygiene practices, Changes in adolescence	4-6	5-5	
	Standard 3: The student will understand the role of body systems as related to healthy living. 3.2 Functions	4-4, 4-5,	5-2, 5-3	6-3
	<b>Family Life</b>			
	Standard 6: The student will understand the contributions of family relationships to healthy living. 6.1, 6.2, 6.3 Unique families, Responsibilities, Relationships	4-1, 4-2, 4-3	5-1	6-1, 6-2, 6-4
	Standard 7: The student will understand the stages of human growth and development. 7.1, 7.2 Changes in body, Respect for self and others	4-3, 4-4, 4-5, 4-6	5-1, 5-2, 5-3, 5-4	6-2, 6-3, 6-4
	<b>Emotional, Social, and Mental Health</b>			
Standard 8: The student will understand the importance of positive self-concept and interpersonal relationships for healthy living. 8.1, 8.2, 8.3 Feelings affect behavior, Respect, Responsible friend and family	4-1, 4-4, 4-5	5-1, 5-5, 5-6	6-1, 6-4, 6-5, 6-7	
(continued)				

<b>Grades</b>  <b>3-5</b> (continued)	<b>Disease Prevention and Control</b>			
	Standard 9: The student will understand attitudes and behaviors for preventing and controlling disease. 9.3, 9.4 Disease prevention, Risky behaviors	MMH HIV-4 <sup>1</sup>	MMH HIV-5 <sup>2</sup>	
	<b>Injury Prevention and Safety</b>			
	Standard 12: The student will understand the appropriate action to take when personal safety is threatened. 12.1, 12.2 Report to adult, Self-protection, Resources for help	4-1	5-1, 5-6, 5-7	6-1, 6-4, 6-5
<b>Substance Use and Abuse Prevention</b>				
Standard 13: The student will understand appropriate and inappropriate uses of chemical substances and the effects of substance use and abuse. 13.4, 13.5 Refusal skills, Personal choices		5-7	6-2, 6-6, 6-7, 6-C	

<b>Tennessee Health Education Standards</b>		<b><i>Puberty: The Wonder Years</i></b>		
		Grade 4	Grade 5	Grade 6
<b>Grades</b>  <b>6-8</b>  (continued)	<b>Personal Health and Wellness</b>			
	Standard 1: The student will demonstrate the ability to implement decision making and goal setting skills to promote his/her personal health and wellness, thereby enhancing quality of life for himself/herself and those around him/her. 1.1, 1.2, 1.3, 1.6 Personal decisions, Goals, Media Influences		5-5, 5-6, 5-7	6-6
	Standard 2: The student will understand the importance of personal hygiene practices as related to healthy living. 2.1, 2.2 Hygiene habits, Changes in adolescence	4-6	5-5	
	Standard 3: The student will understand the role of body systems as related to healthy living. 3.1, 3.2 Functions, Impact of behaviors	4-4, 4-5,	5-2, 5-3	6-3

<sup>1</sup> Implement the *Michigan Model for Health™* HIV prevention lessons for grade 4. Available at <http://www.mmhclearinghouse.org/>.

<sup>2</sup> Implement the *Michigan Model for Health™* HIV prevention lessons for grade 5. Available at <http://www.mmhclearinghouse.org/>.

<b>Grades</b>  <b>6-8</b> (continued)	<b>Family Life</b>			
	Standard 6: The student will understand the contributions of family relationships to healthy living. 6.1, 6.2, 6.3 Family influences, Responsibilities, Relationships	4-1, 4-2, 4-3	5-1	6-1, 6-2, 6-4
	Standard 7: The student will understand the stages of human growth and development. 7.1, 7.2, 7.3 Changes in adolescence, Respect for others, Abstinence	4-3, 4-4, 4-5, 4-6	5-1, 5-2, 5-3, 5-4	6-2, 6-3, 6-4, 6-5, 6-6, 6-7
	<b>Emotional, Social, and Mental Health</b>			
	Standard 8: The student will understand the importance of positive self-concept and interpersonal relationships for healthy living. 8.1, 8.2, 8.4 Express needs, wants, feelings; Respect; Healthy relationships; Social skills	4-1, 4-4, 4-5	5-1, 5-5, 5-6	6-1, 6-4, 6-5, 6-7
	<b>Disease Prevention and Control</b>			
	Standard 9: The student will understand attitudes and behaviors for preventing and controlling disease. 9-2, 9.3, 9.4 Disease prevention; Risk factors; Heredity, environment, lifestyle impacts	MMH HIV-4 <sup>3</sup>	MMH HIV-5 <sup>4</sup>	6-2
	<b>Injury Prevention and Safety</b>			
	Standard 12: The student will understand the appropriate action to take when personal safety is threatened. 12.1, 12.2, 12.3 Report to adult, Self-protection, Resources for help, Peer pressure	4-1	5-1, 5-6, 5-7	6-1, 6-4, 6-5, 6-6, 6-7, 6-C
	<b>Substance Use and Abuse Prevention</b>			
	Standard 13: The student will understand appropriate and inappropriate uses of chemical substances and the effects of substance use and abuse. 13.1, 13.4 Chemical substance impacts, Personal choices		5-7	6-2

<sup>3</sup> Implement the *Michigan Model for Health™* HIV prevention lessons for grade 4. Available at <http://www.mmhclearinghouse.org/>.

<sup>4</sup> Implement the *Michigan Model for Health™* HIV prevention lessons for grade 5. Available at <http://www.mmhclearinghouse.org/>.