

## **New Mexico Health Education Standards: Grades 5-6 Addressed by *Puberty: The Wonder Years* 2021 Edition**

**Content Standard 1: Students will comprehend concepts related to health promotion and disease prevention.**

<b>Benchmark</b>	<b>PWY Lessons</b>
Benchmark 1: explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death:	5-5, 5-7 6-6
Benchmark 2: describe the interrelationship of mental, emotional, social, and physical health during adolescence:	5-1, 5-2, 5-3, 5-6 6-1, 6-2, 6-3 7
Benchmark 3: explain how health is influenced by the interaction of body systems:	5-2, 5-3, 5-4 6-3, Add-On A, B, C
Benchmark 4: describe how family and peers influence the health of adolescents:	5-1, 5-6, 5-7 6-1, 6-4, 6-6 Add-On D
Benchmark 5: analyze how environments and personal health are interrelated:	- 6-2 Add-On C
Benchmark 6: describe ways to reduce risks related to adolescent health issues:	5-1, 5-7 6-6, 6-7, 6-8
Benchmark 7: explain how health care can prevent premature death and disability:	5-5 6-7
Benchmark 8: describe how lifestyle, pathogens, family history and other risk factors are related to the prevention or cause of disease and other health problems:	- 6-7 Add-On A, B, C, H

**Content Standard 2: Students will demonstrate the ability to access valid health information and health-promoting products and services.**

<b>Benchmark</b>	<b>PWY Lesson</b>
Benchmark 1: analyze the availability and validity of health information, products, and services:	5-5 6-9 Add-On G
Benchmark 2: demonstrate the ability to evaluate and utilize resources from home, school and community that provide valid health information:	5-1, 5-5 6-1, 6-9 Add-On G

Benchmark 3: analyze how the media influences the selection of health information and products:	- 6-9
Benchmark 4: demonstrate the ability to locate health products and services:	- 6-9
Benchmark 5: compare the costs and validity of health products:	- -
Benchmark 6: describe situations requiring professional health services:	5-1, 5-5, 5-7 6-1, 6-7, 6-8

**Content Standard 3: Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.**

Benchmark	PWY Lesson
Benchmark 1: explain the importance of assuming responsibility for personal health behaviors:	5-5, 5-7 6-2, 6-3, 6-5, 6-6, 6-10 Add-On G
Benchmark 2: analyze a personal health assessment to determine health strengths and risks:	5-5 6-6, 6-10
Benchmark 3: distinguish between safe and risky or harmful behavior in relationships:	5-6, 5-7 6-4, 6-5, 6-6, 6-7, 6-8 Add-On H
Benchmark 4: demonstrate strategies to improve or maintain personal and family health:	5-5 6-1, 6-6
Benchmark 5: develop injury prevention and management strategies for personal and family health:	5-6, 5-7 6-5, 6-8
Benchmark 6: demonstrate ways to avoid and reduce threatening situations:	5-6, 5-7 6-5, 6-8 Add-On F
Benchmark 7: demonstrate strategies to manage stress:	- -

**Content Standard 4: Students will analyze the influence of culture, media, technology, and other factors on health.**

Benchmark	PWY Lesson
Benchmark 1: describe the influence of cultural beliefs on health behaviors and the use of health services:	5-5 6-9
Benchmark 2: analyze how messages from media and other sources influence health behaviors:	- 6-9
Benchmark 3: analyze the influence of technology on personal and family health:	5-6 6-5, 6-9

Benchmark 4: analyze how information from peers influences health:	5-6 6-5, 6-9
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**Content Standard 5: Students will demonstrate the ability to use interpersonal communication skills to enhance health.**

Benchmark	PWY Lesson
Benchmark 1: demonstrate effective verbal and non-verbal communication skills to maintain health-enhancing relationships:	5-1, 5-6, 5-7 6-1, 6-4, 6-5, 6-8, 6-10 Add-On F
Benchmark 2: describe how the behavior of family and peers affects interpersonal communication:	5-1, 5-7 6-1, 6-5 Add-On E
Benchmark 3: demonstrate positive ways to express needs, wants and feelings:	5-1, 5-6, 5-7 6-1, 6-4, 6-5, 6-8 Add-On F
Benchmark 4: demonstrate ways to communicate care, consideration and respect of self and others:	5-6, 5-7 6-4, 6-5, 6-6, 6-8, 6-10 Add-On E, F
Benchmark 5: demonstrate communication skills to build and maintain relationships:	5-1, 5-6, 5-7 6-4, 6-5, 6-6, 6-10 Add-On E, F
Benchmark 6: demonstrate refusal and negotiation skills to enhance health:	5-6, 5-7 6-5, 6-8 Add-On F
Benchmark 7: analyze the possible causes of conflict among youth in schools and communities:	5-6, 5-7 6-5, 6-8
Benchmark 8: demonstrate strategies to manage conflict in positive ways:	5-6, 5-7 6-5, 6-8 Add-On F

**Content Standard 6: Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.**

Benchmark	PWY Lesson
Benchmark 1: demonstrate the ability to apply a decision-making process to health issues and problems individually and collaboratively:	5-5, 5-6 6-6
Benchmark 2: analyze how health-related decisions are influenced by individuals, family, peers, and community values:	5-5, 5-6 6-6
Benchmark 3: predict how decisions regarding health behaviors have consequences for self and others:	5-5, 5-7 6-6, 6-10

Benchmark 4: apply strategies and skills needed to attain personal health goals:	5-5 6-10
Benchmark 5: describe how personal health goals are influenced by changing information, abilities, priorities, and responsibilities:	5-5 6-6, 6-9
Benchmark 6: develop a plan that addresses personal strengths, needs, and health risks:	5-5 6-6, 6-10

**Content Standard 7: Students will demonstrate the ability to advocate for personal, family, peer, and community health.**

<b>Benchmark</b>	<b>PWY Lesson</b>
Benchmark 1: analyze various communication methods to accurately express health information and ideas:	5-1, 5-7 6-1, 6-9
Benchmark 2: express information and opinions about health issues:	5-5 6-5, 6-6, 6-8, 6-10
Benchmark 3: identify barriers to effective communication of information, ideas, feelings, and opinions about health issues:	5-1 6-1
Benchmark 4: demonstrate the ability to influence and support others in making health-enhancing choices:	5-6, 5-7 6-4, 6-5, 6-8
Benchmark 5: demonstrate the ability to work cooperatively when advocating for healthy individuals, families, and schools:	5-6 6-5, 6-10