

## Next Generation Sunshine State Standards for Health Education, 2021

Addressed by

### ***Puberty: The Wonder Years* 2021 Edition for Grades 4, 5, and 6**

The charts below describe how *Puberty: The Wonder Years* 2021 edition addresses the Next Generation Sunshine State Standards for Health Education in Grades 4, 5, and 6. The grade and lesson number from [Puberty: The Wonder Years](#) 2021 edition is indicated for each benchmark that is addressed.

| <b>Grade 4</b>   |  |   |
|--|--|---|
| <b>Next Generation Sunshine State Standards for Health Education<sup>1</sup></b> |  | <b><i>Puberty: The Wonder Years</i><sup>2</sup></b> |
| <b>Strands</b>   | <b>Standards and Benchmarks</b>  | <b>Lessons</b>                                      |
| <b>Character Education</b>   | <b>Standard 1: Character</b>   |   |
|  | HE.4.CE.1.1 Explain how attitudes and thoughts can influence your behavior and can impact others.                          | 4-1, 4-2, 4-3                                       |
|  | <b>Standard 5: Respect</b>   |   |
|  | HE.4.CE.5.2 Identify the benefits of treating others with respect.   | 4-1, 4-2, 4-3                                       |
|  | <b>Standard 6: Citizenship</b>   |   |
|  | HE.4.CE.6.1 Describe the importance of considering the perspective of others when communicating.                           | 4-1, 4-2, 4-3                                       |
| <b>Health Literacy Concepts</b>  | HE.4.CE.6.2 Identify opportunities to actively participate as a responsible citizen in the school and the local community. | 4-1, 4-2, 4-3                                       |
|  | <b>Standard 1: Core Concepts</b>   |   |
|  | HE.4.C.1.1 Identify the relationship between healthy behaviors and personal health.  | 4-6   |
|  | HE.4.C.1.2 Identify examples of mental/emotional, physical, and social health.   | 4-4, 4-5  |
|  | HE.4.C.1.5 Identify the human body parts and organs that work together to form healthy body systems.                       | 4-4, 4-5, 4-6                                       |
|  | <b>Standard 2: Internal and External Influence</b>   |   |
|  | HE.4.C.2.1 Explain the importance of family on health practices and behaviors.   | 4-1, 4-2;<br>Add-On D <sup>3</sup>                  |

<sup>1</sup> [Next Generation Sunshine State Standards for Health Education](#)

<sup>2</sup> [Puberty: The Wonder Years, 2021 edition](#)

<sup>3</sup> [Add-On Lessons](#) are optional. They may be added to meet student needs and state requirements.

|   |   |                                   |
|---|---|-----------------------------------|
|   | HE.4.C.2.2 Explain the important role that friends/peers may play in health practices and behaviors.                            | 4-1, 4-3                          |
|   | HE.4.C.2.4 Recognize types of school rules and community laws that promote health and disease prevention.                       | 4-1                               |
| <b>Health Literacy Responsible Behavior</b> | <b>Standard 3: Accessing Information</b>  |                                   |
|   | HE.4.B.3.3 Examine resources from home, school and community that provide valid health information.                             | 4-1                               |
|   | <b>Standard 4: Interpersonal Communication</b>  |                                   |
|   | HE.4.B.4.1 Explain effective verbal and nonverbal communication skills to enhance health.                                       | 4-1, 4-2, 4-3, 4-4, 4-5; Add-On F |
|   | HE.4.B.4.4 Demonstrate ways to ask for assistance to enhance personal health.   | 4-1, 4-6                          |
|   | <b>Standard 5: Decision Making</b>  |                                   |
|   | HE.4.B.5.2 Itemize healthy options to health-related issues or problems.  | 4-6                               |
|   | HE.4.B.5.5 Examine when assistance is needed to make a health-related decision.   | 4-1, 4-6; Add-On F                |
|   | <b>Standard 6: Goal Setting</b>   |                                   |
|   | HE.4.B.6.1 Create a personal health goal and track progress toward achievement.   | 4-6                               |
|   | HE.4.B.6.2 Categorize resources that could assist in achieving a small group personal health goal.                              | 4-6                               |
| <b>Health Literacy Promotion</b>            | <b>Standard 7: Self Management</b>  |                                   |
|   | HE.4.P.7.2 Discuss a variety of healthy practices and behaviors to maintain or improve personal health and reduce health risks. | 4-5, 4-6                          |
|   | <b>Standard 8: Advocacy</b>   |                                   |
|   | HE.4.P.8.1 Assist others to make positive health choices.   | 4-3, 4-6; Add-On F                |

| <b>Grade 5</b>   |  |   |
|--|--|---|
| <b>Next Generation Sunshine State Standards for Health Education<sup>4</sup></b> |  | <b><i>Puberty: The Wonder Years<sup>5</sup></i></b> |
| <b>Strands</b>   | <b>Standards and Benchmarks</b>  | <b>Lessons</b>                                      |
| <b>Character Education</b>   | <b>Standard 1: Character</b>   |   |
|  | HE.5.CE.1.1 Explain how attitudes and thoughts can influence your behavior and can impact others.              | 5-1, 5-5, 5-6, 5-7; Add-On E                        |
|  | <b>Standard 4: Trustworthiness</b>   |   |
|  | HE.5.CE.4.2 Describe the benefits of having the moral courage to do the right thing even when it is difficult. | 5-5, 5-6, 5-7; Add-On E                             |
|  | <b>Standard 5: Respect</b>   |   |
|  | HE.5.CE.5.1 Compare conflict resolution methods to identify potential solutions.                               | 5-6, 5-7; Add-On F                                  |

<sup>4</sup> [Next Generation Sunshine State Standards for Health Education](#)

<sup>5</sup> [Puberty: The Wonder Years, 2021 edition](#)

|   |   |                                    |
|---|---|------------------------------------|
|   | HE.5.CE.5.2 Discuss how to participate in cooperative learning and communicate effectively.   | 5-6, 5-7                           |
| <b>Health Literacy Concepts</b>             | <b>Standard 1: Core Concepts</b>  |                                    |
|   | HE.5.C.1.1 Describe the relationship between healthy behaviors and personal health.   | 5-3, 5-4, 5-6, 5-7                 |
|   | HE.5.C.1.2 Explain the physical, mental/emotional, social, and intellectual dimensions of health.   | 5-1, 5-2, 5-3, 5-4, 5-6            |
|   | HE.5.C.1.4 Compare ways to prevent common childhood injuries and health problems.   | 5-5;<br>Add-On F                   |
|   | HE.5.C.1.5 Explain how the human body parts and organs work together in healthy body systems, including the endocrine and reproductive systems. | 5-2, 5-3, 5-4, 5-5;<br>Add-On C    |
|   | <b>Standard 2: Internal and External Influence</b>  |                                    |
|   | HE.5.C.2.1 Predict how families may influence various health practices of children.   | 5-1, 5-7;<br>Add-On D              |
|   | HE.5.C.2.2 Predict how friends/peers may influence various health practices of children.  | 5-6; 5-7                           |
|   | HE.5.C.2.7 Discuss how various cultures can influence personal health beliefs.  | 5-4                                |
|   | HE.5.C.2.8 Investigate influences that change health beliefs and behaviors.   | 5-1, 5-5, 5-6, 5-7;<br>Add-On E    |
| <b>Health Literacy Responsible Behavior</b> | <b>Standard 3: Accessing Information</b>  |                                    |
|   | HE.5.B.3.1 Discuss characteristics of valid health information, products, and services.   | 5-5                                |
|   | HE.5.B.3.3 Compile resources from home, school, and community, technologies that provide valid health information.                              | 5-1, 5-5                           |
|   | <b>Standard 4: Interpersonal Communication</b>  |                                    |
|   | HE.5.B.4.1 Illustrate techniques of effective verbal and nonverbal communication skills to enhance health.                                      | 5-1, 5-6, 5-7;<br>Add-On F         |
|   | HE.5.B.4.4 Determine ways to ask for assistance to enhance the health of self and others.   | 5-1, 5-6, 5-7;<br>Add-On F         |
|   | <b>Standard 5: Decision Making</b>  |                                    |
|   | HE.5.B.5.2 Describe circumstances that can help or hinder healthy decision making.  | 5-5                                |
|   | HE.5.B.5.4 Select a healthy option when making decisions for yourself and/or others.  | 5-5                                |
|   | HE.5.B.5.5 Analyze when assistance is needed when making a health-related decision.   | 5-5, 5-6, 5-7;<br>Add-On F         |
|   | <b>Standard 6: Goal Setting</b>   |                                    |
|   | HE.5.B.6.2 Select reliable resources that would assist in achieving a small group personal health goal.   | 5-5                                |
| <b>Health Literacy Promotion</b>            | <b>Standard 7: Self Management</b>  |                                    |
|   | HE.5.P.7.1 Model responsible personal health behaviors.   | 5-5, 5-6, 5-7                      |
|   | HE.5.P.7.2 Illustrate a variety of healthy practices and behaviors to maintain or improve personal health and reduce health risks.              | 5-4, 5-5, 5-6, 5-7;<br>Add-On G, H |

| Grade 6   |   |   |
|---|---|---|
| Next Generation Sunshine State Standards<br>for Health Education <sup>6</sup> |   | <i>Puberty: The<br/>Wonder Years</i> <sup>7</sup> |
| Strands   | Standards and Benchmarks  | Lessons   |
| Character<br>Education  | <b>Standard 1: Character</b>  |   |
|   | HE.6.CE.1.1 Describe the benefits of compassion building and sustaining relationships.                                  | 6-1, 6-3, 6-4, 6-5, 6-10; Add-On E                |
|   | <b>Standard 2: Responsibility</b>   |   |
|   | HE.6.CE.2.1 Analyze possible solutions to a problem to determine the best outcome for yourself and others.              | 6-8   |
|   | <b>Standard 3: Success Skills</b>   |   |
|   | HE.6.CE.3.1 Demonstrate empathy in a variety of contexts and situations.  | 6-1, 6-4, 6-5, 6-10; Add-On E                     |
|   | <b>Standard 4: Trustworthiness</b>  |   |
|   | HE.6.CE.4.1 Describe the benefits of kindness and trust on building and sustaining relationships.                       | 6-1, 6-4, 6-5, 6-10; Add-On E                     |
|   | <b>Standard 5: Respect</b>  |   |
|   | HE.6.CE.5.1 Develop and apply conflict resolution skills in a variety of contexts.                                      | 6-5, 6-8; Add-On F                                |
| Health<br>Literacy<br>Concepts  | <b>Standard 1: Core Concepts</b>  |   |
|   | HE.6.C.1.2 Describe how the physical, mental/emotional, social, and intellectual dimensions of health are interrelated. | 6-1, 6-2, 6-3, 6-4                                |
|   | HE.6.C.1.3 Identify environmental factors that affect personal health.  | Add-On C  |
|   | HE.6.C.1.4 Identify health problems and concerns common to adolescents including reproductive development.              | 6-6, 6-7, 6-8, 6-10; Add-On F, G, H               |
|   | HE.6.C.1.5 Explain how body systems are impacted by hereditary factors and infectious agents.                           | 6-2, 6-7; Add-On A, B, C, H                       |
|   | HE.6.C.1.6 Examine how appropriate health care can promote personal health.   | 6-7, 6-9; Add-On G, H                             |
|   | HE.6.C.1.7 Recognize how heredity can affect personal health.   | 6-2; Add-On A, B, C                               |
|   | HE.6.C.1.8 Examine the likelihood of injury or illness if engaging in unhealthy/risky behaviors.                        | 6-6, 6-7; Add-On H                                |
|   | <b>Standard 2: Internal and External Influence</b>  |   |
|   | HE.6.C.2.1 Examine how family influences the health of adolescents.   | 6-1, 6-6; Add-On D, E                             |
|   | HE.6.C.2.2 Examine how peers influence the health of adolescents.   | 6-4, 6-5, 6-6, 6-10                               |
|   | HE.6.C.2.3 Identify the impact of health information conveyed to students by the school and community.                  | 6-9   |

<sup>6</sup> [Next Generation Sunshine State Standards for Health Education](#)

<sup>7</sup> [Puberty: The Wonder Years, 2021 edition](#)

|   |   |  |
|---|---|--|
|   | HE.6.C.2.5 Examine how media influences peer and community health behaviors.  | 6-9  |
|   | HE.6.C.2.6 Propose ways that technology can influence peer and community health behaviors.                                    | 6-9  |
|   | HE.6.C.2.7 Investigate cultural changes related to health beliefs and behaviors.  | 6-10   |
|   | HE.6.C.2.8 Determine how social norms may impact healthy and unhealthy behavior.  | 6-1, 6-6,  |
|   | HE.6.C.2.9 Identify the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. | 6-4, 6-6, 6-7, 6-8;<br>Add-On H                  |
| <b>Health<br/>Literacy<br/>Responsible<br/>Behavior</b> | <b>Standard 3: Accessing Information</b>  |  |
|   | HE.6.B.3.1 Examine the validity of health information, and determine the cost of health products, and services.               | 6-9;<br>Add-On G                                 |
|   | HE.6.B.3.3 Investigate a variety of technologies to gather health information.  | 6-9;   |
|   | HE.6.B.3.4 Describe situations when professional health services may be required.   | 6-7;<br>Add-On G                                 |
|   | <b>Standard 4: Interpersonal Communication</b>  |  |
|   | HE.6.B.4.1 Determine strategies to improve effective verbal- and nonverbal-communication skills to enhance health.            | 6-1, 6-3, 6-4, 6-5,<br>6-6, 6-10;<br>Add-On E, F |
|   | HE.6.B.4.2 Practice refusal skills and negotiation skills to reduce health risks.   | 6-8;<br>Add-On F                                 |
|   | HE.6.B.4.3 Demonstrate effective conflict-management and/or resolution strategies.  | 6-6, 6-8;<br>Add-On F                            |
|   | HE.6.B.4.4 Compile ways to ask for assistance to enhance the health of self and others.                                       | 6-8;<br>Add-On F                                 |
|   | <b>Standard 5: Decision Making</b>  |  |
|   | HE.6.B.5.1 Investigate health-related situations that require the application of a thoughtful decision-making process.        | 6-4, 6-6, 6-8, 6-9;<br>Add-On F, G               |
|   | HE.6.B.5.2 Choose healthy alternatives over unhealthy alternatives when making a decision.                                    | 6-4, 6-6, 6-8, 6-9;<br>Add-On F, G               |
|   | HE.6.B.5.3 Specify the potential outcomes of each option when making a health-related decision.                               | 6-6, 6-8, 6-9;<br>Add-On F, G                    |
|   | HE.6.B.5.5 Predict the potential outcomes of a health-related decision.   | 6-6, 6-8, 6-9;<br>Add-On F, G                    |
|   | <b>Standard 6: Goal Setting</b>   |  |
|   | HE.6.B.6.2 Develop an individual goal to adopt, maintain, or improve a personal health practice.                              | 6-6, 6-10  |
|   | HE.6.B.6.3 Determine strategies and skills needed to attain a personal health goal.   | 6-10   |
| <b>Health<br/>Literacy<br/>Promotion</b>                | <b>Standard 7: Self Management</b>  |  |
|   | HE.6.P.7.1 Explain the importance of assuming responsibility for personal-health behaviors.                                   | 6-6, 6-7;<br>Add-On G, H                         |
|   | HE.6.P.7.2 Write about healthy practices and behaviors that will maintain or improve personal health and reduce health risks. | 6-6;<br>Add-On G, H                              |
|   | <b>Standard 8: Advocacy</b>   |  |

|  |  |           |
|--|--|-----------|
|  | HE.6.P.8.1 Practice how to influence and support others when making positive health choices.                   | 6-10      |
|  | HE.6.P.8.2 State a health-enhancing position on a topic and support it with accurate information.              | 6-10      |
|  | HE.6.P.8.2 Work cooperatively to advocate for healthy individuals, families, and schools.                      | 6-10      |
|  | HE.6.P.8.2 Identify ways health messages and communication techniques can be targeted for different audiences. | 6-9, 6-10 |