



**North Carolina Essential Standards:
Health Education - Grades 4-6**
Aligned to
***Puberty: The Wonder Years* 2021 ed
for Grades 4, 5, and 6**



The chart below describes how *Puberty: The Wonder Years* 2021 edition for grades 4, 5, and 6 addresses the North Carolina Essential Standards for Health Education in Grades 4-6. The grade and lesson number from [Puberty: The Wonder Years](#) 2021 edition is indicated for each standard that is addressed.

The current [North Carolina Healthful Living Standard Course of Study](#) content standards were approved by the NC State Board of Education in 2010, with required implementation for schools in 2012.

North Carolina Essential Standards for Health Education Grades 4-6		<i>Puberty: The Wonder Years</i>		
		Grade 4	Grade 5	Grade 6
Grade 4	Mental and Emotional Health			
	4.MEH.1 Apply positive stress management strategies. 4.MEH.1.2 Asking for assistance	4-1, 4-2 partial	5-1, 5-5	
	Personal and Consumer Health			
	4.PCH.2 Understand body systems and organs, functions, and their care. 4.PCH.2.2 Care for the skin	4-6	5-5	
	Interpersonal Communication and Relationships			
	4.ICR.1 Understand healthy and effective interpersonal communication and relationships. 4.ICR.1.1 Respect	4-1, 4-2, 4-3, 4-4, 4-5	5-1, 5-7	
	4.ICR.2 Understand the changes that occur during puberty and adolescence. 4.ICR.2.1 Physical and emotional changes	4-4, 4-5, 4-6	5-2, 5-3, 5-4, 5-6	
4.ICR.2 Understand the changes that occur during puberty and adolescence. 4.ICR.2.2 Different rates	4-4, 4-5	5-2, 5-3, 5-4, 5-6		

North Carolina Essential Standards for Health Education Grades 4-6		<i>Puberty: The Wonder Years</i>		
		Grade 4	Grade 5	Grade 6
Grade 5	Mental and Emotional Health			
	5.MEH.2 Understand help-seeking strategies for depression and mental disorders. 5.MEH.2.2 Reliable resources		5-1, 5-5 partial	
	Personal and Consumer Health			
	5.PHC.2 Analyze health products and sources of health information. 5.PCH.2.1 Dependable resources		5-5	
	Interpersonal Communication and Relationships			
	5.ICR.1 Understand healthy and effective interpersonal communication and relationships. 5.ICR.1.1 & 2 Communication with unknown individuals; Seeking help		5-6, 5-7 Partial Add-On F	
	5.ICR.1 Understand healthy and effective interpersonal communication and relationships. 5.ICR.1.3 Stereotyping and discrimination	4-2, 4-3	5-6	
	5.ICR.1 Understand healthy and effective interpersonal communication and relationships. 5.ICR.1.4 Resolve conflict		5-6, 5-7	
	5.ICR.2 Analyze the changes and influences that occur during puberty and adolescence. 5.ICR.2.1 Secondary sex characteristics and reproduction	4-4, 4-5	5-1, 5-2, 5-3, 5-4	
	5.ICR.2 Analyze the changes and influences that occur during puberty and adolescence. 5.ICR.2.2 Accurate sources of information	4-1	5-1, 5-5, 5-7	
	5.ICR.2 Analyze the changes and influences that occur during puberty and adolescence. 5.ICR.2.3 Male and female reproductive systems	4-4, 4-5	5-2, 5-3, 5-4	
	5.ICR.2 Analyze the changes and influences that occur during puberty and adolescence. 5.ICR.2.4 Societal influences		5-5, 5-6, 5-7	
5.ICR.2 Analyze the changes and influences that occur during puberty and adolescence. 5.ICR.2.5 Media messages		5-6	6-	

North Carolina Essential Standards for Health Education Grades 4-6		Puberty: The Wonder Years		
		Grade 4	Grade 5	Grade 6
Grade 6	Mental and Emotional Health			
	6.MEH.1 Apply structured thinking (decision making and goal setting) to benefit emotional well-being. 6.MEH.1.2 Goal setting to enhance health			6-6, 6-10 partial
	6.MEH.3 Analyze the relationship between healthy expression of emotions, mental health, and healthy behavior. 6.MEH.3.2 Health enhancing communication			6-6, 6-10 partial
	Personal and Consumer Health			
	6.PCH.1 Understand wellness, disease prevention, and recognition of symptoms. 6.PCH.1.3 & 4 Symptoms and prevention of communicable diseases.			6-7, Add-On H
	6.PCH.2 Analyze health information and products. 6.PCH.2.1 Analyze claims.			6-9
	Interpersonal Communication and Relationships			
	6.ICR.1 Understand healthy and effective interpersonal communication and relationships. 6.ICR.1.1 Productive group functioning			6-1, 6-3, 6-5, 6-6, 6-8
	6.ICR.1 Understand healthy and effective interpersonal communication and relationships. 6.ICR.1.2 Communication for variety of purposes and audiences			6-1, 6-4, 6-5, 6-7, 6-10
	6.ICR.1 Understand healthy and effective interpersonal communication and relationships. 6.ICR.1.3 Communicate care and respect			6-4, 6-5, 6-6, 6-10, Add-On E
	6.ICR.2 Apply strategies and skills for developing and maintaining healthy relationships. 6.ICR.2.1 Impact of early sex			6-6, 6-7
	6.ICR.2 Apply strategies and skills for developing and maintaining healthy relationships. 6.ICR.2.2 Responsibilities of parenthood			6-6, Add-On C & D
	6.ICR.2 Apply strategies and skills for developing and maintaining healthy relationships. 6.ICR.2.3 Effective refusal skills			6-4, 6-5, 6-6, 6-8
	6.ICR.2 Apply strategies and skills for developing and maintaining healthy relationships. 6.ICR.2.4 Report sexual harassment and bullying			6-5, 6-8

North Carolina Essential Standards for Health Education Grades 4-6		<i>Puberty: The Wonder Years</i>		
		Grade 4	Grade 5	Grade 6
Grade 6 continued	6.ICR.2 Apply strategies and skills for developing and maintaining healthy relationships. 6.ICR.2.5 & 6 Avoid and solve conflict			6-4, 6-5, 6-8
	6.ICR.2 Apply strategies and skills for developing and maintaining healthy relationships. 6.ICR.2.7 Abusive relationships and resources for help			6-4, 6-5, 6-8
	6.ICR.3 Understand the changes that occur during puberty and adolescence. 6.ICR.3.1 Challenges in relationships			6-4, 6-5, 6-8
	6.ICR.3 Understand the changes that occur during puberty and adolescence. 6.ICR.3.2 Conception and menstruation			6-2
	Alcohol, Tobacco, and Other Drugs			
	6.ATOD.3 Apply risk reduction behaviors to protect self and others from alcohol, tobacco, and other drug use. 6.ATOD.3.1 Effective assertive refusal skills			6-8 partial

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