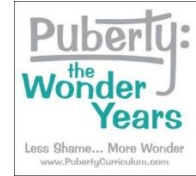




**Tennessee Health Education Standards**  
 Addressed by  
***Puberty: The Wonder Years 2021 Ed***  
 for Grades 4, 5, and 6



The charts below list the “Tennessee Health Education Standards”<sup>1</sup> for [Grades 4 and 5](#), and [Grade 6](#) that are addressed by *Puberty: The Wonder Years 2021* edition. The grade and lesson number from [Puberty: The Wonder Years](#) is indicated for each Tennessee standard that is addressed.

<b>Tennessee Health Education Standards Grade 4</b>	<b><i>Puberty: The Wonder Years</i> Grade 4</b>
<b>Emotional Wellness</b>	
4.EW.1 Identify the positive ways that peers and family members show support, care, and appreciation for one another.	4-1, 4-2, 4-3
4.EW.2 Explain how peers, family, and media influence personal thoughts, feelings, and healthy behaviors.	4-1, 4-2
4.EW.3 Identify how changes in the family can influence emotions.	4-2
<b>Disease Prevention</b>	
4.DP.1 Explain the importance of using personal protective equipment while attending to others who are injured.	Add-On H (or MMH HIV-4 <sup>2</sup> )
4.DP.2 Describe how personal hygiene can positively/negatively affect social interactions with peers.	4-6
4.DP.3 Identify daily hygiene needs and where products can be located (e.g., store, nurses, clinics).	4-6
4.DP.4 Identify prevention strategies for not spreading pathogens (e.g., vaccines, staying home with fever).	Add-On H <sup>3</sup>
<b>Safety</b>	
4.S.11 Identify resource persons in schools and the community and know hoe to seek help from them.	4-1; Add-On F
<b>Human Growth and Development</b>	
4.HGD.1 Compare functions of the human body systems.	4-4, 4-5, 4-6

<sup>1</sup> Revised 7/23/2018

<sup>2</sup> *Michigan Model for Health*™ HIV prevention lesson for grade 4 is available at <http://www.mmhclearinghouse.org/>.

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

<b>Tennessee Health Education Standards Grade 5</b>	<b><i>Puberty: The Wonder Years</i> Grade 5</b>
<b>Personal and Community Wellness</b>	
5.PCW.4 Identify resources and facilities in the community that promote healthy living.	5-1, 5-5
<b>Emotional Wellness</b>	
5.EW.2 Identify questions to ask during the process of making a choice (“Do I show respect for myself and others?”).	5-5, 5-5, 5-6
5.EW.3 Understand that cultural differences exist and influence emotions.	5-6, 5-7
<b>Disease Prevention</b>	
5.DP.1 Describe and demonstrate how to properly care for an individual whose bodily fluids could contain blood borne pathogens (e.g., proper wound care, cleaning methods, and disposal).	Add-On H (or MMH HIV-5 <sup>4</sup> )
5.DP.2 Describe the effects of puberty on hygiene practices.	5-2, 5-3, 5-4
5.DP.3 Identify that additional personal hygiene is needed during puberty	5-2, 5-3, 5-4
5.DP.4 Explain how viruses and bacteria affect the immune system and impact health.	Add-On H (or MMH HIV-5)
<b>Safety</b>	
5.S.1 Analyze the positive and negative influences of social media on personal and family health.	5-6
5.S.2 Develop strategies that decrease bullying situations.	5-6, 5-7
5.S.11 Differentiate between situations which need peer support and those which need adult help.	5-7; Add-On F
<b>Human Growth and Development</b>	
5.HGD.1 Explain how health is influenced by the interaction of human body systems.	5-2, 5-3, 5-4; Add-On A, B, C, D

<sup>4</sup> Michigan Model for Health™ HIV prevention lesson for grade 5 is available at <http://www.mmhclearinghouse.org/>.

<b>Tennessee Health Education Standards Grade 6</b>	<b><i>Puberty: The Wonder Years</i> Grade 6</b>
<b>Personal Wellness</b>	
6.PCW.5 Identify and evaluate basic personal hygiene habits.	6-2
6.PW.2 Identify personal hygiene practices and health/safety issues related to puberty (e.g., showering, use of sanitary products, deodorant, and cleaning of athletic gear.)	6-2, 6-3
<b>Mental, Emotional, and Social Health</b>	
6.MESH.2 Describe the importance of setting personal boundaries for privacy, safety, and expression of emotions and opinions.	6-4, 6-5, 6-8; Add-On F
6.MESH.3 Identify internal and external influences on social, emotional, and mental health.	6-3, 6-4, 6-5, 6-9, 6-10
6.MESH.4 Discuss the importance of getting guidance from a trusted adult when faced with a threatening situation (e.g., bullying, threats).	6-1, 6-8, Add-On F
6.MESH.5 Identify trusted adults who can help with mental, social, and emotional health problems.	6-1, 6-8, 6-9; Add-On F
6.MESH.6 Identify discrimination, and bias and how it can lead to violence.	6-5, 6-10; Add-On E
6.MESH.7 Identify refusal and negotiation skills to avoid or reduce mental, social, and emotional health risks in hypothetical situations.	6-5, 6-8; Add-On F
6.MESH.8 Identify decision-making strategies to enhance all aspects of health.	6-6, 6-10
6.MESH.9 Identify how personal goals can be affected by poor decision-making.	6-10
<b>Safety and Prevention</b>	
6.SP.1 Identify communicable diseases, their symptoms, and how they are spread. Identify prevention techniques and treatment	6-7; Add-On H
6.SP.6 Identify trustworthy resources for health-related information (e.g., CDC, WHO).	6-1, 6-8, 6-9; Add-On G
6.SP.7 Describe how to report bullying, threatening situations, or inappropriate content related to social media.	6-8, 6-9
6.SP.8 Identify basic refusal skills and demonstrate the ability to use them.	6-5, 6-8
6.SP.9 Identify laws and rules intended to prevent injuries.	6-8; Add-On F
<b>Human Growth and Development</b>	
6.HGD.1 Describe and explain the basic body systems and their functions.	6-2, 6-3

6.HGD.2 Summarize the human reproduction cycle.	6-2, 6-6; Add-On D, G
6.HGD.3 Explain that puberty and physical development can vary among individuals.	6-2
6.HGD.4 Understand the changes that occur during pregnancy and adolescence (e.g., growth spurts, peer influence, self-confidence, mood swings).	6-2, 6-3, 6-6; Add-On A, B, C, D, G
6.HGD.5 Identify parents or other trusted adults to whom you can ask questions about puberty and adolescent health issues.	6-1, 6-8, 6-9; Add-On E, F
6.HGD.6 Define teen pregnancy.	6-6; Add-On G
6.HGD.7 Identify how the media influences risk behavior related to teen pregnancy.	6-6, 6-9
6.HGD.8 Identify the difference between abstinence and risk behaviors and why abstinence is the responsible and preferred choice for adolescence.	6-6; Add-On G, H
6.HGD.9 Define sexual abstinence as it relates to pregnancy prevention.	6-6; Add-On G
6.HGD.10 Identify and define common sexually transmitted infection (STI) pathogens.	6-7; Add-On H

Updated 2022-11-23