

# Growth and Development

## Key Concepts

### Grades Pre K - 2

#### A. Health Concepts

\_\_\_\_\_ People develop, grow and change physically, emotionally, mentally and socially.

*LINK: A.1. Recognize that there are multiple components of health.*

\_\_\_\_\_ Individual bodies are different sizes and shapes.

*LINK: A.3. Demonstrate an understanding of basic health terms.*

#### E. Communication Skills

\_\_\_\_\_ There are healthy ways for people to express their needs, wants and feelings throughout life.

*LINK: E.1. Demonstrate healthy ways to express needs, wants and feelings.*

## **Grades 3-4**

### A. Health Concepts

\_\_\_\_\_ Personal needs are different in each stage of life (infancy, childhood, adolescence, adulthood and old age).

*LINK: A.7. Demonstrate essential understanding of basic health concepts.*

\_\_\_\_\_ People develop physically, emotionally, mentally and socially at different rates.

*LINK: A.7. Demonstrate essential understanding of basic health concepts.*

### C. Health Promotion and Risk Reduction

\_\_\_\_\_ Personal body care is a responsibility throughout the stages of life.

*LINK: C.3. Demonstrate basic care of human body systems.*

## Grades 5 – 8

### A. Health Concepts

\_\_\_\_\_ During puberty, adolescents experience significant physical, mental, emotional and social changes.

*LINK: A.2. Describe the relationship among physical, mental, emotional, and social health.*

\_\_\_\_\_ The size and shape of a person's body may affect how a person feels and is perceived by others.

*LINK: A.2. Describe the relationship among physical, mental, emotional, and social health.*

\_\_\_\_\_ During puberty, there is an interrelationship between the endocrine system and the development of the reproductive system.

*LINK: A.4. Evaluate how health is influenced by the interaction of body systems.*

\_\_\_\_\_ A wide range of development is normal during puberty.

*LINK: A.7. Identify the characteristics and stages of human growth and development.*

\_\_\_\_\_ One of the stages of human growth and development is adolescence.

*LINK: A.7. Identify the characteristics and stages of human growth and development.*

\_\_\_\_\_ Self-stimulation is a part of normal sexual development and is not harmful.

*LINK: A.7. Identify the characteristics and stages of human growth and development.*

\_\_\_\_\_ Everyone has a sexual orientation.

*LINK: A.7. Identify the characteristics and stages of human growth and development.*

### B. Health Information, Services, and Products

\_\_\_\_\_ Adolescents should know where to acquire accurate health information and appropriate health services regarding their needs.

*LINK: B.2. Identify resources from home, school and community that provide valid health information and services.*

## Grades 5 – 8

### C. Health Promotion and Risk Reduction

\_\_\_\_\_ Adolescents should assume responsibility for their sexual behavior.  
*LINK: C.1. Explain the importance of assuming responsibility for personal health.*

\_\_\_\_\_ Participating in recreational activities and practicing social skills are examples of strategies that help develop healthy relationships.  
*LINK: C.3. Develop strategies to improve or maintain personal and family health.*

### D. Influences on Health

\_\_\_\_\_ Media, cultural beliefs and peers can influence adolescent behavior.  
*LINK: D.2. Analyze how messages from media influence both health behaviors and the selection of health information, products, and services (e.g., eating disorders, teen magazines, acne products, dental care).*

### E. Communication Skills

\_\_\_\_\_ Verbal and non-verbal communication skills are important attributes for healthy relationships.  
*LINK: E.1. Demonstrate effective verbal and non-verbal communications skills to enhance health and to build and maintain healthy relationships.*

### F. Decision-Making and Goal Setting

\_\_\_\_\_ Healthy decisions can affect achieving short and long term goals.  
*LINK: F.3. Explain how decisions regarding health behaviors have consequences for them and others.*

## Secondary

### A. Health Concepts

- \_\_\_\_\_ People experience many health changes as they age.  
*Link A. 2. Describe the interrelationship of physical, mental, emotional and social health throughout the stages of life.*
- \_\_\_\_\_ People change over time as they go through the stages of life and this can affect their relationships.  
*LINK: A. 2. Describe the interrelationship of physical, mental, emotional and social health throughout the stages of life.*
- [Healthy fetal development occurs when mothers make healthy choices during pregnancy.](#)  
[LINK: A. 11. Demonstrate in-depth understanding of complex health concepts.](#)
- \_\_\_\_\_ There are stages of grief that a person goes through when dealing with loss.  
*LINK: A. 11. Demonstrate in-depth understanding of complex health concepts.*
- \_\_\_\_\_ Friendship is a healthy component of a romantic relationship.  
*LINK: A.11. Demonstrate in-depth understanding of complex health concepts.*
- \_\_\_\_\_ There are similarities and differences between male and female perceptions of relationships.  
*LINK: A. 11. Demonstrate in-depth understanding of complex health concepts.*
- \_\_\_\_\_ Dating can be a way to learn about: 1) other people, 2)romantic and sexual feelings and expression, and 3) the initiation, maintenance and ending of dating relationships.  
*LINK: A.11. Demonstrate in-depth understanding of complex health concepts.*
- \_\_\_\_\_ Responsibility for the quality of a relationship is shared by both partners.  
*LINK: A.11. Demonstrate in-depth understanding of complex health concepts.*
- \_\_\_\_\_ Differences exist between sexual orientation and gender identity.  
*LINK: A.11. Demonstrate in-depth understanding of complex health concepts.*
- \_\_\_\_\_ Sexual orientation is a combination of one’s attractions, thoughts and behaviors.  
*LINK: A. 11. Demonstrate in-depth understanding of complex health concepts.*

### B. Health Information, Services, and Products

- \_\_\_\_\_ There are sources of support for young people who have concerns about sexual orientation or gender identity.

*LINK: B.3. Access school and community health services.*

## **Secondary**

\_\_\_\_\_ When people determine that they have relationship difficulties they can seek school or community resources for specific issues or problems.

*LINK: B. 3. Access school or community health services.*

*LINK: B. 4. Analyze various health problems and identify those that require professional health care services.*

### D. Influences on Health

\_\_\_\_\_ Dating and social activities can be a way to learn about ourselves in relationships with other people.

*LINK: D. 4. Analyze how the family, peers and community influence the health of individuals.*

\_\_\_\_\_ Media messages can influence the way adolescents think about themselves and others.

*Link: D. 2. Evaluate the effect of media and other factors on personal, family, and community health.*

### E. Communication Skills

\_\_\_\_\_ Effective communication skills are essential to healthy relationships.

*LINK: E. 1. Demonstrate healthy ways to listen and communicate effectively with family, peers, and others.*

### F. Decision-Making and Goal Setting

\_\_\_\_\_ Responsibility for the quality of a relationship is shared by both dating partners.

*LINK: F.2. Analyze health concerns that require collaborative decision-making.*