

**Health Grade 5**  
**(Facing Obstacles and Embracing Opportunities)**  
**Decision-Making (DM)**

<b>OUTCOMES</b>	<b>1 - Beginning</b> The student is having difficulty demonstrating an understanding of the concept.	<b>2 – Approaching</b> The student is developing an understanding of the concept.	<b>3 – Meeting</b> The student consistently demonstrates an understanding of the concept or has achieved the concept.	<b>4-Exemplary</b> The student independently demonstrates an in-depth understanding of the concept, and consistently applies this knowledge to new situations.
<b>DM 5.1</b> <b>I can analyze possible obstacles and envision solutions to addressing health challenges related to personal eating practices, changes of puberty, impact of illness/disease, identity and well-being, violence, peer pressure, and self-regulation.</b>	<ul style="list-style-type: none"> <li>• I can <b>recognize</b> common barriers to adolescent well-being.</li> </ul>	<ul style="list-style-type: none"> <li>• I can <b>describe</b> common barriers to adolescent well-being <b>OR</b> ways to respond to them.</li> </ul>	<ul style="list-style-type: none"> <li>• I can <b>describe</b> common barriers to adolescent well-being <b>AND</b> ways to respond to them.</li> </ul>	<ul style="list-style-type: none"> <li>• I can <b>form an opinion</b> about why particular health challenges exist for adolescents.</li> </ul>
	<ul style="list-style-type: none"> <li>• I can <b>identify</b> health challenges related to <b>A FEW OF:</b> <ul style="list-style-type: none"> <li>- Personal eating practices</li> <li>- Changes of puberty</li> <li>- Impact of illness/disease</li> <li>- Identity and well being</li> <li>- Violence</li> <li>- Peer Pressure</li> <li>- Self-Regulation</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• I can <b>propose</b> healthy strategies for addressing possible health challenges related to <b>MANY:</b> <ul style="list-style-type: none"> <li>- Personal eating practices</li> <li>- Changes of puberty</li> <li>- Impact of illness/disease</li> <li>- Identity and well being</li> <li>- Violence</li> <li>- Peer Pressure</li> <li>- Self-Regulation</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• I can <b>propose</b> healthy strategies for addressing possible health challenges related to <b>ALMOST ALL:</b> <ul style="list-style-type: none"> <li>- Personal eating practices</li> <li>- Changes of puberty</li> <li>- Impact of illness/disease</li> <li>- Identity and well being</li> <li>- Violence</li> <li>- Peer Pressure</li> <li>- Self-Regulation</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• I can <b>propose</b> positive <b>AND</b> negative consequences of various responses to possible health challenges.</li> </ul>
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