



Health Grade 5 (Facing Obstacles and Embracing Opportunities) Decision-Making (DM)				
OUTCOMES	1 – Little Evidence With help, I understand parts of the simpler ideas and do a few of the simpler skills.	2 – Partial Evidence I understand the simpler ideas and can do the simpler skills. I am working on the more complex ideas and skills.	3 – Sufficient Evidence I understand the more complex ideas and can master the complex skills that are taught in class. I achieve the outcome.	4- Extensive Evidence I have a deep understanding of the complex ideas, and I can use the skills I have learned in situations that were not taught in class.
DM 5.1 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.	<ul style="list-style-type: none"> • I can recognize common barriers to adolescent well-being. 	<ul style="list-style-type: none"> • I can describe common barriers to adolescent well-being OR ways to respond to them. 	<ul style="list-style-type: none"> • I can describe common barriers to adolescent well-being AND ways to respond to them. 	<ul style="list-style-type: none"> • I can form an opinion about why particular health challenges exist for adolescents.
	<ul style="list-style-type: none"> • I can identify health challenges related to A FEW OF: <ul style="list-style-type: none"> - Personal eating practices - Changes of puberty - Impact of illness/disease - Identity and well being - Violence - Peer Pressure - Self-Regulation 	<ul style="list-style-type: none"> • I can propose healthy strategies for addressing possible health challenges related to MANY: <ul style="list-style-type: none"> - Personal eating practices - Changes of puberty - Impact of illness/disease - Identity and well being - Violence - Peer Pressure - Self-Regulation 	<ul style="list-style-type: none"> • I can propose healthy strategies for addressing possible health challenges related to ALMOST ALL: <ul style="list-style-type: none"> - Personal eating practices - Changes of puberty - Impact of illness/disease - Identity and well being - Violence - Peer Pressure - Self-Regulation 	<ul style="list-style-type: none"> • I can propose positive AND negative consequences of various responses to possible health challenges.
Comments				