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<p><input type="checkbox"/> K.5.5.A.3 Examine dental hygiene practices and dental services (e.g., cleaning, fillings, root canals, fluoride treatment, braces, extractions...) for the prevention of plaque build-up, bad breath, tooth decay, and/or dental disease</p>	<p><input type="checkbox"/> K.5.5.D.1 Distinguish between medicinal and non-medicinal substances and their appropriate use (e.g., prescription drugs from a doctor to treat an illness rather than drugs obtained illegally; vitamins to meet daily requirements, ventilators/puffers for asthma, EpiPens for allergies; over-the-counter drugs used for health reasons rather than for performance enhancement...)</p>	<p><input type="checkbox"/> K.5.5.D.2 Describe effects and consequences of substance use (e.g., alcohol and tobacco, street drugs...) on body systems (e.g., alcohol affects the brain, liver, and nervous system; alcohol affects foetal development in a pregnant woman; tobacco and smoke affect the respiratory and circulatory systems; street drugs change a person’s behaviour and cause harmful physical effects and may cause death...)</p>	<p><input type="checkbox"/> K.5.5.D.3 Identify peer, cultural, media, and social influences related to substance use and abuse (e.g., dares from friends; pressure to belong to a group; attractive portrayals through advertisements/television/videos; family/cultural/religious values; peer pressure from groups and gangs; alcoholics or smokers in the family...)</p>
<p>K A</p>	<p>K D</p>	<p>K D</p>	<p>K D</p>

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<p><input type="checkbox"/> K.5.5.E.1a Describe the structure and function of the reproductive and endocrine systems of human beings (e.g., pituitary gland, estrogen, testosterone, progesterone, menstruation and spermatogenesis, fertilization, sexual intercourse...)</p>	<p><input type="checkbox"/> K.5.5.E.1b Identify the physical changes associated with puberty and the importance of personal hygiene practices (e.g., growth of body hair, changes in body shape, hormones, acne, body odour, menstruation, erection, ejaculation, emissions, use of sanitary products...)</p>	<p><input type="checkbox"/> K.5.5.E.1c Describe how heredity (e.g., chromosomes, DNA...) influences growth and characteristics that contribute to personal identity (e.g., height, eye colour, bone structure, hair colour, body build, individual growth patterns, features, fraternal and identical twins...)</p>	<p><input type="checkbox"/> K.5.5.E.2 Identify the social-emotional changes associated with puberty (e.g., sexual attraction, fluctuation of moods, insecurities...)</p>
<p>K E</p>	<p>K E</p>	<p>K E</p>	<p>K E</p>

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<p><input type="checkbox"/> K.5.5.E.3a Identify influences (e.g., family, friends, role models, religion, culture, media, advertising and videos, social trends, fashion...) on sexuality and gender roles</p>	<p><input type="checkbox"/> K.5.5.E.3b Identify how social and cultural influences affect sexuality and gender roles (i.e., similarities and differences, such as cultural rituals and traditions)</p>	<p><input type="checkbox"/> K.5.5.E.3c Identify the responsibilities (e.g., change for physical activities, bathe frequently, use deodorant, use sanitary products, respect private spaces, keep personal matters private, show consideration for others, respect differences, do not ridicule...) associated with physical, social, and emotional changes during puberty (e.g., body odour, menstruation, erections, emissions, peer pressure, social etiquette, insecurity...)</p>	<p><input type="checkbox"/> K.5.5.E.4a Identify characteristics (e.g., transmitted through sexual activity and contact with body fluids; may be fatal...) and effects of HIV and AIDS on the immune system (e.g., destroys specific white cells...)</p>
<p>K E</p>	<p>K E</p>	<p>K E</p>	<p>K E</p>

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<p><input type="checkbox"/> S.5.5.A.4 Apply strategies (i.e., using the decision-making model, practising saying “no,” walking away, getting help from a safe adult) for preventing or avoiding substance use and abuse (e.g., tobacco, alcohol, street drugs, performance-enhancing drugs, sniffing...) in different case scenarios</p>	<p><input type="checkbox"/> S.5.5.A.5 Apply a decision-making process in case scenarios related to issues associated with puberty (e.g., timing of physical changes, teasing related to different developmental rates, being discreet, respecting privacy of others, being sexually active, showing affection...)</p>		
<p>S</p>	<p>A</p>	<p>S</p>	<p>A</p>