

# MIDDLETOWN TOWNSHIP PUBLIC SCHOOLS

900 Nut Swamp Road, Middletown, NJ 07748

[www.middletownk12.org](http://www.middletownk12.org)

(732) 706-6111

Fax (732) 706-8058

William O. George III, Ed.D.  
*Superintendent of Schools*

Devyn Orozco  
*Director of Science, Health & Physical Education*

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September, 2020

Dear Parent/Guardian:

The following is an outline of the units covered this year in your child's Health Curriculum. The units are designed to provide students with the information, decision-making skills and attitudes that will encourage thoughtful and responsible behavior.

If you choose not to have your son/daughter participate in any portion of a unit, you must complete a "Request to be Excused" form which is available in the main school office. If you wish to discuss these units, please call your child's school for an appointment.

## CURRICULUM UNITS – GRADE 5

### I. Interpersonal Relationships

- Trusted Adults
- Refusal, Negotiation and Assertiveness Skills

### II. Decision-Making and Goal Setting

- Decision-Making Strategies
- Alternative Decisions
- Conflicting Interests Effects on Decisions
- Supporting Short and Long-Term Goals

### III. Character Development

- Character and Core-Ethical Values
- Including Peers with Disabilities
- Stress Management/Help-Seeking Behavior

### IV. Alcohol, Tobacco and Other Drugs

- Drug Classification
- Commonly Used Medications
- Side-Effects of Medicines
- Illegal Drugs/Substances
- Effects of Tobacco Use
- Effects of Alcohol Use on Decision-Making
- Dependency/Treatment

### VI. Sexuality

- Male and Female Reproductive System
- Hygiene
- Physical, Social and Emotional Changes

Sincerely,



Devyn Orozco