

Impact 5 is a no cost, three-day, character-based program teaching students healthy decision-making skills for the future. The fifth grade program utilizes an interactive workbook. Students are introduced to the concept of puberty and what changes will happen to their bodies. The materials used comply fully with state requirements for fifth grade.*

Day One

- Defines impact, goal and value
- Establishes the importance of having personal goals for a healthy future
- Challenges students to consider how they choose their friends
- Discusses safe versus unsafe touch and what adults students can confide in

Day Two

- Defines puberty
- Encourages students to maintain healthy hygiene habits
- Informs students what changes a body goes through at this life stage
- Answers questions students may have regarding puberty

Day Three

- Defines media, risk and integrity
- Addresses dangers of social media and teaches students how to remain safe online
- Encourages students to consider the consequences of their actions
- Establishes a plan for students to maintain integrity and respect for self and others

*All programs are taught in separate classrooms based on gender. Males will be in one room and females in another.