

# Health Education 5

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## Specific Curriculum Outcomes

Students will be expected to

### Healthy Self

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- demonstrate an understanding that sexual orientation is a part of our personality and explore the harmful effects of homophobia
- describe the male and female reproductive systems, explaining the process of reproduction and how the reproduction system matures through the process of puberty
- practice skills for managing stress in their lives
- recognize when sadness or worry becomes life affecting and practice how to express a mental health concern for themselves or others
- demonstrate an understanding of the basic nutrients found in food and the function they serve within the body
- assess total minutes of short and long periods of moderate and vigorous activity for an average weekday
- demonstrate an understanding of the impact substance use and caffeine has on the body, health, and performance

### Healthy Relationships

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- demonstrate an awareness of, and ways to prevent common chronic and communicable diseases, including HIV, Hepatitis B and C, and the potential impact of disease on the lives of themselves and their families
- examine relationships in their lives that promote health enhancement outcomes and those that interfere with learning, relationship building/friendship, or quality of life at home
- recognize forms of relational aggression and demonstrate prosocial behaviour to counter relational aggression (define the term as...the use of relationships to manipulate or hurt others – gossiping, spreading rumors, lying, giving hurtful or unsolicited advice, sharing of information that is not yours to share)
- describe the role of physical activity in enhancing social experiences and managing thoughts, feelings, and behaviours/moods

### Healthy Community

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- demonstrate an ability to assess sources of information via the internet for safety and reliability, and practice ways to enhance safe use of the internet
- demonstrate knowledge of the prevalence of mental health disorders among children and youth and describe certain circumstances that may increase the risk of some mental health disorders, as well as protective factors that enhance mental health
- analyze gendered media messages related to body image and promote healthy messages within the school or community

