
Health Education 6

Specific Curriculum Outcomes

Students will be expected to

Healthy Self

- demonstrate an understanding of the link between positive self-identity and enhanced capacity to make healthy decisions
- investigate the concept of sexuality and sexual health
- describe the most common sexually transmitted infections for youth
- demonstrate an awareness that personal needs for physical activity may change for girls and boys as they develop physically and emotionally
- identify and practise health enhancing ways to manage feelings and changes associated with the onset of puberty
- differentiate between internal and external cues of hunger and satiety and suggest techniques for mindful eating
- describe the role of physical activity and healthy eating in maintaining healthy weight and preventing chronic disease
- assess total minutes of moderate and vigorous activity during school compared to after school and weekends

Healthy Relationships

- practise communication skills that keep important relationships in their lives healthy and productive
- create a personal value code of ethics on relationships within their lives

Healthy Community

- identify responsibilities of global citizenship and take age-appropriate action to address a global health issue
- demonstrate knowledge of the incidence/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
- take age appropriate action to present a mental health issues faced among school-aged children in order to reduce the stigma that is often attached to mental health disorders
- respond to advertising of and communication about the use of alcohol, tobacco, gambling, caffeine, medicines, food and natural/alternative health products and communicate these ideas
- distinguish between commercial and non-commercial forms of gambling
- demonstrate an awareness of health issues related to the overuse of the networking devices and video gaming, and assess signs of concern in oneself or others
