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# Healthy Living 8

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## Specific Curriculum Outcomes

Student will be expected to

### Healthy Self

- analyze the relationship between values and personal health practices
- demonstrate an understanding of the short and long term outcomes of delayed treatments for major depressive disorder and attention deficit disorder and identify possible treatment for these disorders
- synthesize and understand the fundamentals of drug education including alcohol and cannabis use and illegal substances, their methods of use and consequences
- evaluate time in their lives, and investigate ways to manage time
- assess their strengths, skills, abilities, and interests in relation to employability skills
- select items for and maintain a LifeWork portfolio

### Healthy Relationships

- identify healthy and unhealthy relationships and demonstrate assertiveness skills to communicate thoughts and feelings within primary relationships
- examine the role of bystander in cases where a peer/friend is experiencing emotional, physical, psychological harm and practise scenarios that show support and help
- practise the ability to listen to a peer to understand another's needs and circumstances, express understanding, and support them in getting help in relation to physical, mental, and social health concerns
- examine methods for contraception and the advantages and disadvantages of various methods
- recognize the signs of pregnancy and the importance of early prenatal care
- evaluate the different options related to unintended pregnancy and explore the challenges related to each of these options, including the challenges of teen parenting

### Healthy Community

- demonstrate an understanding that there many factors that contribute to our health status (indicator, explore each social determinant of health)
- evaluate ways in which the internet is used as a valuable tool and how to protect their safety online

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- examine the media portrayal of sexual orientation
  - critically analyze industry's impact on body image and healthy eating
  - examine the impacts of substance use and gambling, both legally sanctioned and illegal activities have on communities
  - examine a sampling of physical activities, identify one and set personal goals related to including it as part of a weekly activity/experience
  - research statistics related to injury prevalence among children and youth, ages 4-14 in Nova Scotia, and present topics to peers and/or younger children/students in their school.

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