
Healthy Living 9

Specific Curriculum Outcomes

Students will be expected to

Healthy Self

- analyze their health needs in times of change and apply strategies that enhance their capacity to manage change in their lives
- recognize the warning signs of depressive disorders and the importance of seeking help for these disorders,
- recognize the impact that substance use and gambling can have on mental health issues, including depression and anxiety
- assess level of physical activity to determine whether they are active enough to achieve health benefits
- develop a plan to acquire the skills and credentials which will lead to their career goals
- select items for and maintain a LifeWork portfolio

Healthy Relationships

- apply communication and interpersonal skills to discuss reproductive and sexual health issues
- examine the cause and effect of unhealthy relationships and practise communication and assertiveness skills to confront unhealthy relationships
- identify and practise negotiation, assertiveness, and refusal skills, related to sexual activity, alcohol, tobacco, cannabis, and gambling
- analyze the role of alcohol in the decision-making process, linking negative consequences with intoxication, including increased risk of unintended pregnancies, STIs, injury, and drinking and driving
- practise speaking about concerns regarding substance use and gambling in self or others
- examine the negative impact of stereotyping upon help seeking behaviour

Healthy Community

- examine issues around hypersexualization of girls and sexualization of women and how these phenomena can contribute to violence, affect body image and self-esteem, and impact relationships
- demonstrate an understanding of the societal, political, and legal context of substance use and the impact upon their community
- recognize and respond to physical health dangers and emergency situations related to alcohol and other drug use among their peers
- identify school and community based resources and health services available to assist themselves or a friend if help or information in the area of sexual health, substance use, or gambling is needed, and practise how to make initial contact with such a service/resource
- identify and practise strategies for staying healthy and safe in the workplace

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- use nutritional labels as an aid to make healthy decisions around food and beverage choice, and critically examine nutrition claims that manufacturers are permitted to include on packaging
 - examine the impact of food production practises on personal health, community health, global health and on sustainable environment
 - examine how design and infrastructure of the school community and surrounding community enhances or creates barriers for physical activity among youth
 - demonstrate an awareness of the capacity for financial health to positively or negatively affect ones' state of health