Health Education 6

# General Curriculum Outcomes

Students will be expected to

1. demonstrate positive self‐identity that effectively enables them to manage their health, relationships, and interactions with the world
2. think critically and make informed decisions to enhance health of self, those around oneself, and within a global context
3. demonstrate effective communication and interpersonal skills that facilitate positive relationships between themselves and the world

# Specific Curriculum Outcomes

Students will be expected to

## Healthy Self

* 1. investigate the concept of sexuality and sexual health
  2. describe the most common sexually transmitted infections for youth
  3. demonstrate an awareness that personal needs for physical activity may change for girls and boys as they develop physically and emotionally
  4. recognize the signs and symptoms of major depressive disorder and attention deficit/hyperactive disorders
  5. identify and practise health enhancing ways to manage feelings and changes associated with the onset of puberty
  6. differentiate between internal and external cues of hunger and satiety and suggest techniques for mindful eating
  7. describe the role of physical activity and healthy eating in maintaining healthy weight and preventing chronic disease
  8. assess total minutes of moderate and vigorous activity during school compared to after school and weekends

## Healthy Relationships

* 1. practise communication skills that keep relationships in their lives healthy
  2. create a personal value code of ethics on relationships within their lives

## Healthy Community

* 1. identify responsibilities of global citizenship and take age‐appropriate action to address a global health issue
  2. 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
  3. respond to marketing and advertising of and communication about the use of alcohol, tobacco, gambling, caffeine, medicines, food and natural/alternative health products and communicate these ideas within the school community
  4. identify personal safety strategies to use when home alone and/or babysitting
  5. demonstrate an awareness of health issues related to the overuse of networking devices and video gaming, and assess signs of concern in oneself or others
  6. explore how to actively participate in their school and/or local community to further develop potential life goals
     + explore needs in the school and/or community
     + plan ways to actively contribute in schools and/or communities
     + reflect on how personal contributions may connect to potential life goals

Literacy Outcome

Students will apply literacy learning in health education by engaging in listening and speaking, reading and viewing, and other ways of representing.