

# Healthy Living 8

## General Curriculum Outcomes

Students will be expected to

- A. demonstrate positive self-identity that effectively enables them to manage their health, relationships, and interactions with the world
- B. think critically and make informed decisions to enhance health of self, those around oneself, and within a global context
- C. 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

- 8.1 analyze the relationship between values and personal health practices
- 8.2 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
- 8.3 evaluate time in their lives, and investigate ways to manage time
- 8.4 assess their strengths, skills, abilities, and interests in relation to employability skills
- 8.5 select items for and maintain a LifeWork Portfolio

### HEALTHY RELATIONSHIPS

- 8.6 identify healthy and unhealthy relationships and demonstrate assertiveness skills to communicate thoughts and feelings within primary relationships
- 8.7 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
- 8.8 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
- 8.9 recognize the signs of pregnancy and the importance of early prenatal care
- 8.10 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

- 8.11 demonstrate an understanding that there are many factors that contribute to our health status
- 8.12 recognize misconceptions and realities with respect to sexual assault

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- 8.13 assess the benefits and risks of online technology and make healthy and responsible decisions that reduce the risk of exploitation and victimization
  - 8.14 examine the media portrayal of sexual orientation
  - 8.15 critically analyze industry's impact on body image and healthy eating
  - 8.16 examine the impacts of substance use and gambling, both legally sanctioned and illegal activities have on communities
  - 8.17 examine a sampling of physical activities, identify one and set personal goals related to including it as part of a weekly activity/experience
  - 8.18 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