

# Health Education 5

*Outcomes*

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## Health Education 5

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# Health Education 5

## 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

- 1.1 demonstrate an understanding that sexual orientation is a part of our personality and explore the harmful effects of homophobia
- 1.2 describe the male and female reproductive systems, explaining the process of reproduction and how the reproduction system matures through the process of puberty
- 1.3 practise skills for managing stress in their lives
- 1.4 recognize when sadness or worry becomes life affecting and practise how to express a mental health concern for themselves or others
- 1.5 demonstrate an understanding of the basic nutrients found in food and the function they serve within the body
- 1.6 assess total minutes of short and long periods of moderate and vigorous activity for an average day of the week or weekend
- 1.7 demonstrate an understanding of the impact caffeine has on the body, health, and performance

### Healthy Relationships

- 2.1 demonstrate an awareness of, and ways to prevent common chronic and communicable diseases, including HIV, Hepatitis B and C, and the potential impact of disease on the lives of themselves and their families
- 2.2 examine relationships in their lives that promote positive health outcomes and those that interfere with learning, relationship building/friendship, or quality of life at home
- 2.3 recognize forms of relational aggression and demonstrate prosocial behaviour to counter relational aggression
- 2.4 describe the role of physical activity in enhancing social experiences and managing thoughts, feelings, and behaviours

## Healthy Community

- 3.1 assess sources of information via the Internet for safety and reliability, and practise ways to enhance safe use of the Internet
- 3.2 demonstrate knowledge of the 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
- 3.3 analyze gendered media messages and how they may impact body image, create expectations about gender roles, and affect how we express our gender