

The Mass Casualty Commission (MCC) has issued recommendations to address gender-based, intimate partner, and family violence. Educational institutions have been identified as one of many implementation points for enacting the MCC recommendations. The recommendations identified are specific to enhancing grief, bereavement, trauma, and resiliency literacy, bystander intervention, promoting and supporting healthy masculinities. This document outlines where related learning occurs specific to Health Education in grades primary through 9, and pilot courses 10-12.

Grades Primary to 3

Curriculum

Health education curriculum outcomes in these grades establish a foundation of learning in relation to health promoting concepts that develop students' abilities to make informed, safe, and healthy decisions.

Concepts/Topics

- Healthy relationships (GBV/BI)
- Emotions and empathy (GBV/BI)
- Coping strategies (GBV/BI)
- Healthy habits (GBV/BI)
- Managing difficulties (GBV/BI)
- Seeking help in unsafe scenarios (GBV/BI)

Resource examples

- Canadian Centre for Child Protection: [Kids in the Know](#): A Personal Safety Program
- [Roots of Empathy](#)
- [Health Education resource listings](#)
- [Mental Health Literacy Module](#)
- [Health Education Moodle](#) (teacher ID required)

Grades 4 to 6

Curriculum

Health education curriculum outcomes in these grades focus on mental health literacy and a study of health behaviours that together promote all of the dimensions of health, as well as exploring help seeking strategies.

Concepts/Topics

- Emotional Literacy (GBV/BI)
- Grief (GBV/BI)
- Gender (GBV/BI)
- Boundaries (GBV)
- Respect for diverse sexual identities (GBV/BI)
- Characteristics of healthy and unhealthy relationships (GBV)
- Help seeking strategies (GBV/BI)

Resource examples

- Canadian Centre for Child Protection: [Kids in the Know](#): A Personal Safety Program
- [Mental Health Literacy Elementary School Resource](#)
- [Roots of Empathy](#)
- [Health Education resource listings](#)
- [Sexual Health Education in Nova Scotia Schools: A Resource For Teachers](#)
- [Beyond the Basics: A Resource for Education on Sexuality and Sexual Health](#)
- [Health Education Moodle](#) (teacher ID required)
- [Guys Work workshops](#) (grade 6)

Grades 7 to 9

Curriculum

Health education curriculum outcomes in these grades provide opportunities to investigate, reflect on, and question social constructs that contribute to gender-based violence, and consider skills used for Bystander intervention.

Concepts/Topics

- Influence of peer, media, and social norms in healthy decision making (GBV)
- Accessing reliable sexual and reproductive health information (GBV)
- Addressing challenges in relationships (BI)
- Mental health states, and stress (BI)
- Addressing challenges in relationships (GBV)
- Commercial sexual exploitation (GBV/BI)
- Hypersexualization of children and youth and how this contributes to violence (GBV)
- Recognizing and responding to dangers and emergency situations (BI)

Resource examples

- Canadian Centre for Child Protection: [Kids in the Know](#): A Personal Safety Program
- [Health Education resource listings](#)
- [Sexual Health Education in Nova Scotia Schools: A Resource For Teachers](#)
- [Teach Mental Health Literacy](#)
- [Beyond the Basics: A resource for Educations on Sexuality and Sexual Health](#)
- [Health Education Moodle](#) (teacher ID required)
- [Guys Work workshops](#) (grade 6)
- [Teaching Sensitive Subject Matter](#)

Grades 10-12

Curriculum

Outcomes specific to MCC recommendations for GBV, and Bystander Intervention are found in renewed Curriculum courses in Pilot- Contemporary Canadian Studies 11 (CCS11), and Life 11. These courses look at specific examples of GBV in local and Canadian contexts, as well as information about resources and supports in local communities to help in immediate or longer term emergency/non-emergency situations.

CCS11 Concepts/Topics

- Impacts of colonization on indigenous women and children (GBV)
- Impacts of violence against Mi'kmaw and other indigenous women (GBV)
- Valuing Two-Spirit identities (GBV)
- Addressing inequities in Canadian Society (GBV/BI)

Resource examples

- [Teaching Sensitive Subject Matter](#)
- [Know Before You Go](#)

New resources developed:

[CCS11 Moodle](#) (Pilot teachers only)

- Fighting for Equity (p7-20)
- Mi'kmaw and Other Indigenous People (p. 69-71)

Life 11 Concepts/Topics

- Accessing community resources and supports (GBV/BI)
- Social protections (GBV/BI)
- Addressing inequities (GBV/BI)
- Cultivating healthy relationships (GBV/BI)
- Coping with emotions (GBV/BI)
- Supporting human rights (BI)
- Negotiation and refusal skills (BI)