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| Health Curriculum at a Glance: Summary of Learning Outcomes for 6-8 **Grade**  | **Caring for Yourself, Your Family and Your Community**  | **Personal Wellness**  | **Use, Misuse and Abuse of Materials (emphasizing Media Literacy)**  | **Growth and Development**  |
| Students will be able to  | Students will be able to  | Students will be able to  | Students will be able to  |
| 6  | A1) identify injuries that are prevalent in the community A2) identify and describe various environmental factors that affect our health  | B1) describe the domains of wellness and identify strategies for promoting their own wellness B2) identify strategies for promoting nutrition and physical activity B3) identify how environments influence health choices B4) identify how advertisements are used to promote health  | C1) demonstrate knowledge of and respect for people with sensitivities or allergies C2) explain the use and misuse of substances which may assist weight loss or body building C3) define what is meant by addictive behaviours and discuss why some individuals are more prone to addictions  | D1) understand the changes that occur in the body during puberty D2) understand the structures and functions of male and female reproductive systems D3) understand that sexuality is an expression of one’s “femaleness” or “maleness  |
| 7  | A1) define the role of community members (including self) in promoting safety and injury prevention A2) describe selected examples of infectious and non-infectious disease, identifying their detection and prevention  | B1) identify strategies for promoting their own wellness B2) identify needs pertaining to student wellness in school B3) describe the process required to implement and evaluate a change that improves student wellness in school  | C1) identify and describe the negative effects of alcohol and drugs C2) identify, describe and practise refusal skills in order to take personal responsibility C3) identify and analyse influences, especially from peers and media/promotions, that impact on choices regarding healthy or unhealthy behaviours (eg. smoking, drinking, dieting)  | D1) understand that sexuality integrates many aspects of each of our lives D2) review the structure and the function of the male and female reproductive systems D3) describe fertilization, pregnancy and childbirth D4) recognize and evaluate different kinds of relationships  |
| 8  | A1) identify the relationship between high-risk behaviours and resulting consequences A2) identify and describe how to promote safety and prevent injury or illness  | B1) identify strategies for promoting their own wellness B2) identify factors that enhance health or that cause illness B3) identify stressors in students’ lives and strategies for coping with stress  | C1) understand what an addiction is and how it can make a person keep doing something unhealthy or destructive C2) practice positive decision-making as it relates to self and others C3) identify and value themselves as positive role models C4) recognize that most adolescents do not engage in unhealthy behaviours or activities  | D1) understand the role of the media in establishing feelings and attitudes about ourselves and relationships with others, including dating and becoming sexually active D2) understand the choices and realize both the long-and short-term consequences and responsibilities that exist with becoming sexually active D3) discuss sexual orientation issues  |