

OVERVIEW HEALTH AND CAREER EDUCATION CURRICULUM K TO 10 TOPICS

	Kindergarten	Grade 1	Grade 2	Grade 3
GOALS AND DECISIONS	<ul style="list-style-type: none"> opportunities to make choices sources of support at school 	<ul style="list-style-type: none"> reasons for setting goals sources of support at school and in the community 	<ul style="list-style-type: none"> steps in goal setting opportunities for making decisions 	<ul style="list-style-type: none"> using a goal-setting model sources of support
CAREER DEVELOPMENT	<ul style="list-style-type: none"> personal skills and interests jobs and responsibilities at home and school 	<ul style="list-style-type: none"> personal skills and interests jobs and responsibilities at home and school 	<ul style="list-style-type: none"> ways of categorizing jobs effective work habits 	<ul style="list-style-type: none"> attributes of role models benefits of effective work habits
HEALTH <i>HEALTHY LIVING</i>	<ul style="list-style-type: none"> practices that contribute to health 	<ul style="list-style-type: none"> practices that contribute to health preventing spread of diseases and conditions 	<ul style="list-style-type: none"> physical and emotional health practices healthy eating practices preventing spread of communicable diseases 	<ul style="list-style-type: none"> physical and emotional health practices importance of healthy eating and regular physical activity preventing spread of communicable diseases
<i>HEALTHY RELATIONSHIPS</i>	<ul style="list-style-type: none"> thoughtful caring behaviours in families expressing feelings appropriately relationship behaviours 	<ul style="list-style-type: none"> how families provide support and nurturing expressing feelings friendship behaviours dealing with interpersonal conflict 	<ul style="list-style-type: none"> communication skills friendship strategies 	<ul style="list-style-type: none"> building positive relationships nature and consequences of bullying
<i>SAFETY AND INJURY PREVENTION</i>	<ul style="list-style-type: none"> terminology for private parts appropriate and inappropriate touching responding to inappropriate touches or confusing or uncomfortable situations hazard identification and avoidance (home, school, road, and community) accessing emergency services 	<ul style="list-style-type: none"> terminology for private parts appropriate and inappropriate touching responding to inappropriate touches or confusing or uncomfortable situations safety guidelines (home, school, road, and community) accessing emergency services 	<ul style="list-style-type: none"> avoidance and assertiveness related to potentially abusive situations avoiding hazardous situations (home, school, streets, community) 	<ul style="list-style-type: none"> avoidance and assertiveness related to potentially abusive situations importance of recognizing and avoiding hazardous situations
<i>SUBSTANCE MISUSE PREVENTION</i>	<ul style="list-style-type: none"> safe and unsafe substances 	<ul style="list-style-type: none"> recognizing and refusing unsafe substances 	<ul style="list-style-type: none"> harm from unsafe substances refusing substances 	<ul style="list-style-type: none"> negative effects of unsafe substances avoiding substances

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Grade 4	Grade 5	Grade 6	Grade 7	
<ul style="list-style-type: none"> • steps in decision making 	<ul style="list-style-type: none"> • factors affecting decision making • benefits of personal support networks 	<ul style="list-style-type: none"> • planning to support goals • influences on decision making and goal setting 	<ul style="list-style-type: none"> • planning to achieve a specific goal • applying a decision making model 	GOALS AND DECISIONS
<ul style="list-style-type: none"> • attribute inventory • importance of effective work habits 	<ul style="list-style-type: none"> • types of work of interest • work habits and transferable skills 	<ul style="list-style-type: none"> • relationship between attributes and work • transferable skills developed in and out of school 	<ul style="list-style-type: none"> • career clusters • transferable skills 	CAREER DEVELOPMENT
<ul style="list-style-type: none"> • choices for emotional and physical health • choices for healthy eating • physical changes at puberty • communicable and non-communicable diseases 	<ul style="list-style-type: none"> • factors influencing health decisions • healthy lifestyle planning • physical, emotional, and social changes at puberty • practices for preventing communicable and non-communicable diseases 	<ul style="list-style-type: none"> • benefits of healthy lifestyles • human reproductive system • respecting developmental differences • life-threatening communicable diseases, including HIV/AIDS 	<ul style="list-style-type: none"> • factors influencing health decisions • maintaining health during puberty • accessing community information and support • life-threatening nature of HIV/AIDS 	HEALTH <i>HEALTHY LIVING</i>
<ul style="list-style-type: none"> • interpersonal skills in relationships • strategies for responding to bullying behaviour 	<ul style="list-style-type: none"> • assessing own interpersonal skills • safe and caring schools 	<ul style="list-style-type: none"> • influences of peers on behaviour • stereotyping and discrimination • responding to stereotyping, discrimination, and bullying 	<ul style="list-style-type: none"> • healthy and unhealthy relationships • influences on relationships • preventing stereotyping, discrimination, and bullying 	<i>HEALTHY RELATIONSHIPS</i>
<ul style="list-style-type: none"> • lures and tricks used by potential abusers (including on the Internet) • abuse avoidance strategies • potential for injury in a range of settings 	<ul style="list-style-type: none"> • safety guidelines for protection from abuse and exploitation • minimizing risks • social pressures and risk taking 	<ul style="list-style-type: none"> • sources of help and support • Internet safety • responsible safety behaviour • responding to emergencies 	<ul style="list-style-type: none"> • personal strategies to avoid abuse and exploitation • avoiding unsafe situations on road and in community 	<i>SAFETY AND INJURY PREVENTION</i>
<ul style="list-style-type: none"> • negative effects of abusing tobacco, alcohol, and other drugs • strategies for preventing substance misuse 	<ul style="list-style-type: none"> • factors contributing to use of tobacco, alcohol, and other drugs 	<ul style="list-style-type: none"> • prevention and alternatives • consequences to self and others 	<ul style="list-style-type: none"> • media and social influences on substance misuse • healthy alternatives 	<i>SUBSTANCE MISUSE PREVENTION</i>

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	Grade 8	Grade 9	Grade 10
GRADUATION PROGRAM			<ul style="list-style-type: none"> • course and exam requirements, grades 10-12 • Focus Areas • Graduation Portfolio
FINANCES			<ul style="list-style-type: none"> • financial literacy skills: budgeting, credit • costs of post-secondary education and career options • personal financial planning for transition from secondary school
EDUCATION AND CAREERS	<ul style="list-style-type: none"> • potential career options • transferable (employability) skills 	<ul style="list-style-type: none"> • exploring career options • sources of information and support • importance of developing employability skills • grade 10 requirements 	<ul style="list-style-type: none"> • self-awareness and self-inventories • post-secondary education and training • job-seeking, employability skills • legal rights and responsibilities of employees and employers, strategies and guidelines for workplace safety • support networks and resources for education and career planning • transition planning

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Grade 8	Grade 9	Grade 10	
<ul style="list-style-type: none"> • personal health goals • influences on eating habits • factors affecting healthy sexual decision making • consequences of STIs and HIV/AIDS 	<ul style="list-style-type: none"> • healthy lifestyles and personal potential • healthy eating habits • healthy sexual decision making • consequences of unsafe sexual behaviour 	<ul style="list-style-type: none"> • factors affecting healthy lifestyles 	HEALTH HEALTHY LIVING
See: <i>Healthy Living</i> <i>Healthy Relationships</i> <i>Safety and Injury Prevention,</i> <i>Substance Misuse Prevention</i>		<ul style="list-style-type: none"> • analysing health information for relevance, accuracy, and bias 	HEALTH INFORMATION
<ul style="list-style-type: none"> • importance of healthy relationships • sources of information and support • contributing to a safe and caring school 	<ul style="list-style-type: none"> • building healthy relationships • avoiding unhealthy relationships • responding to bullying, discrimination, harassment, and intimidation 	<ul style="list-style-type: none"> • skills needed to build healthy relationships (e.g., communication, problem solving), how to deal with unhealthy relationships • safe and caring schools, preventing and responding to harassment and intimidation, and promoting diversity 	HEALTHY RELATIONSHIPS
See: <i>Healthy Living</i> <i>Healthy Relationships</i> <i>Safety and Injury Prevention,</i> <i>Substance Misuse Prevention</i>		<ul style="list-style-type: none"> • long-term and short-term implications of a range of health issues for self and others, with a particular emphasis on <ul style="list-style-type: none"> – road safety – substance misuse – sexual decision making – HIV/AIDS 	HEALTH DECISIONS
<ul style="list-style-type: none"> • risks of road-related situations • responding to emergencies • potential job hazards • Internet safety 	<ul style="list-style-type: none"> • avoiding unnecessary risks (road, community) • avoiding workplace injuries 	See: <i>Health Decisions</i> <i>Health Information</i>	SAFETY AND INJURY PREVENTION
<ul style="list-style-type: none"> • influences on substance misuse • strategies for healthy choices 	<ul style="list-style-type: none"> • consequences of substance misuse 	See: <i>Health Decisions</i> <i>Health Information</i>	SUBSTANCE MISUSE PREVENTION