Health Education 4

Specific Curriculum Outcomes

Students will be expected to

# Healthy Self

* 1. describe the physical and emotional changes that take place during puberty
	2. differentiate between gender roles and gender identity
	3. demonstrate an awareness that values are an integral part in making healthy decisions and fostering healthy behaviour
	4. differentiate between anxious feelings that we all have and signs of anxiety that are more serious, and identify people who can help
	5. identify personal factors that motivate them to participate in physical activity and quiet leisure activities
	6. explore their skills and interests in relation to potential life goals
		+ reflect on likes and dislikes
		+ investigate personal learning styles
		+ reflect on understanding of self

# Healthy Relationships

* 1. identify components of a healthy relationship
	2. demonstrate an awareness of the link between positive self‐identity and making healthy decisions that affect relationships and care of self

# Healthy Community

* 1. demonstrate an awareness of the various forms of gambling, and consider risks associated with gambling and gaming online
	2. analyze how marketing impacts health
	3. design active transportation routes through a creative process and promote ways to safely engage in walking or wheeling in their communities
	4. explore the relationship between sustainable development and health
	5. describe ways they can prevent injuries from falls

Literacy Outcome

Students will apply literacy learning in Health Education 4 by engaging in listening and speaking, reading and viewing, and other ways of representing.