

Health 9
Course Outline

Mrs. J. Bakken

Overview:

Health and life skills involve learning about the habits, behaviors, interactions and decisions related to healthy daily living and planning for the future. The aim of the Health and Life Skills program is to enable students to make well-informed, healthy choices, and to develop behaviors that contribute to the well-being of self and others.

Areas of Study:

The following themes will be covered in Grade 9 Health:

1. Personal Safety and Injury Prevention
 - a. Focus on Healthy Relationships
 - b. Barriers to Healthy Relationships
 - c. Contributors to Violence
 - d. Conflict and Conflict Resolution
 - e. Media Violence
 - f. Conflict Resolution Skills
 - g. Action in the School and Community
2. Healthy Growth and Sexuality
 - a. Focus on Healthy Sexuality
 - b. Sexuality in the Media
 - c. Responsible Sexuality
 - d. Preventing Pregnancies and STIs
 - e. Assertiveness Skills to Deal with Pressure in Relationships
 - f. Sexuality: Responsibilities and Consequences
 - g. Sexual Decision-Making / Community Resources
3. Substance Use and Abuse
 - a. Myths and Facts / Definitions
 - b. Effects of Substance Use and Abuse
 - c. Making Informed Choices About Smoking
 - d. Factors Influencing Decisions About Drug Use
 - e. Building Skills to Avoid Pressures to Use Substances
 - f. Practicing Skills / Community Resources
 - g. Coping / Making the Connection between Drug Use, Sex, and Violence
 - h. P.A.R.T.Y. Program
4. Career Awareness
 - a. Take Our Kid to Work Day
 - b. COPES / COPS
 - c. Clicks Program
 - d. High School registration process

General Objectives:

1. Make effective personal decisions for current and future issues and challenges.
2. Plan and set goals.
3. Use critical reflection.
4. Cope with change and transition.
5. Manage stress.
6. Analyze and manage career and health-related information.
7. Recognize and expand personal skills.
8. Recognize, explore, and expand career opportunities and options.
9. Explore service learning and volunteerism.
10. Commit to lifelong learning.

Resources:

Health and Life Skills Guide to Implementation (K-9)
The Fourth R Program
Employability Skills Portfolio
Guest Speakers
Videos
Drumheller Health Unit
Community Agencies

Evaluation:

Term Mark:

Assignments / Tests	- 60 %
Classroom Participation	- 30 %
Binder / Notebook	- 10 %

Final Mark:

Term I	- 25 %
Term II	- 25 %
Term III	- 25 %
Term IV	- 25 %