



CURRICULAR OUTCOMES

Saskatchewan Curriculum Connections for Health and Career Education

*Connections to other subjects can be made

GRADE SEVEN

Health

USC7.4: Demonstrate a personalized and coherent understanding of the importance of nurturing harmony in relationships (with self, others, and the environment), and apply effective strategies to re/establish harmony when conflict arises. (Lessons 1, 2, 3, final assignment)

USC7.5: Evaluate personal food choices and needs by applying accurate and current nutritional knowledge (Lessons 2, 3, 4, final assignment)

USC7.6: Demonstrate interpersonal skills, including assertiveness skills, to effectively and skillfully manage peer pressure (e.g., alcohol and drugs, exclusionary behaviours, family expectations, academic pressures, rules/laws). (Lessons 2, 3, final assignment)

USC7.7: Investigate and express an understanding of possible discrepancies in morals (e.g., beliefs, ethics, virtues, understanding of right/wrong) that may determine and/or affect the commitment to the well-being of self, family, community, and the environment. (Lessons 2, 3, 4, final assignment)

DM7.9: Examine health opportunities and challenges to establish personal commitment goal statements related to blood-borne pathogen information, safety practices, harmonious relationships, food choices, interpersonal skills, and morality. (Lessons 2, 3, final assignment)



Career Education

CG7.1: Explore and draw conclusions about the influences of positive and negative self-images on one's life and work. (Lessons 2, 3 and final assignment)

CG7.2: Develop and demonstrate the behaviours and understandings needed for building healthy relationships (i.e., emotional, spiritual, mental, and physical) (Lessons 2, 3, final assignment)

GRADE 8

Health

USC8.1: Analyze and establish effective strategies of support for purposes of helping others increase health-enhancing behaviours. (Lessons 2, 3, final assignment)

USC8.2: Analyze how personal prejudices/biases, and habits of mind shape assumptions about family identities, structures, roles, and responsibilities (Lesson 2, final assignment)
Career Education

CG8.1: Analyze one's own self-image including personal skills, interests, and behaviours and their influences on one's life and work. (Lessons 1, 2, 3, final assignment)

CG8.2: Analyze abilities for responding positively to change in one's life (Lessons 1, 2, 3 and final assignment)

3. REFERENCES/SOURCES



ADDITIONAL RESOURCES CAN BE
FOUND AT saskatooniec.ca/mindovermatters
For more information, contact admin@saskatooniec.ca

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<https://mentalhealthliteracy.org/>



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