



# CURRICULAR OUTCOMES

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## Saskatchewan Curriculum Connections for Health and Career Education

\*Connections to other subjects can be made

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## 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)

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## 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)

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## 3. REFERENCES/SOURCES



ADDITIONAL RESOURCES CAN BE  
FOUND AT [saskatooniec.ca/mindovermatters](https://saskatooniec.ca/mindovermatters)  
For more information, contact [admin@saskatooniec.ca](mailto:admin@saskatooniec.ca)

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<https://mentalhealthliteracy.org/>



<https://studentmentalhealthtoolkit.com/youth-corner/>



<https://thunderbirdpf.org/wp-content/uploads/2021/08/Life-Promotion-Toolkit-WEB.pdf>

