

Healthy Active Living Education, Grade 12 Open

Grade	Topic	Expectations
Strand: A. Active Living		
12	Active Participation	A1.3 Demonstrate positive social behaviours and adherence to ethical and fair play standards that contribute to creating a rewarding and enjoyable activity environment, and display leadership while participating in physical activities (e.g., give constructive feedback; maintain positive peer relationships when working in groups by understanding their role in the group, listening to each other, and encouraging each other; deal immediately with any conflict that arises in order to keep functioning effectively as a group; plan and lead in-class activities; participate in peer coaching; officiate games).
Strand: C. Healthy Living		
12	Understanding Health Concepts	C1.2 Describe both the short-term and long-term consequences of substance misuse, including legal consequences.
		C1.3 Demonstrate an understanding of how relationships develop through various stages, and describe the skills and strategies needed to maintain a satisfactory relationship as the relationship evolves (e.g., communication and interpersonal skills, adaptive and coping skills, conflict resolution strategies).
12	Making Healthy Choices	C2.2 Describe how their communication, coping, and conflict resolution skills and their knowledge of different sources of support (e.g., trusted adults, support groups, family, religious leaders, elders, online communities, social organizations, help lines, Aboriginal healing circles, restorative justice programs) can be used to reduce their vulnerability to harassment, violence, or abuse.
		C2.3 Describe how coping and interpersonal skills and their knowledge of personal protective and risk factors can be used to develop resilience and enhance their ability to make healthy choices, including the avoidance of substance use and addictive behaviours.
		C2.5 Identify the skills and resources that they will need to maintain their personal health and well-being as they become more independent (e.g., budgeting and time-management skills, interpersonal skills, cooking and meal-planning skills, recreational and leisure opportunities, access to health care and other supports).
12	Making Connections for Healthy Living	C3.2 Analyse the occurrence of harassment, violence, and abuse in relationships (e.g., domestic, intimate, work-related) in their community and around the world, and describe the resources and supports that are available and actions that can be taken to deal with these problems.
		C3.4 Analyse the portrayal of different relationships in the media (e.g., movies, song lyrics, television, print media, Internet) with respect to bias and stereotyping, and describe how individuals can take action to encourage more realistic and inclusive messaging.