

Health at Every Size So, What is Normal?

Prescribed Learning Outcomes

Grade 6

At the end of this lesson, it is expected that Grade 6 students will:

Goals and Decisions

- A2 identify influences on goal setting and decision making, including family, peer, and media influences

Health

Healthy Living

- C1 describe the benefits of attaining and maintaining a balanced, healthy lifestyle, including the benefits of being physically active, healthy eating practices, an emotionally healthy lifestyle
- C3 demonstrate an understanding of the importance of respecting own and others' development rates during puberty and adolescence

Healthy Relationships

- C5 assess the influence that peers have on individuals' attitudes and behaviour
- C6 demonstrate an understanding of the harmful effects of stereotyping and discrimination
- C7 identify school, local, provincial, national, and international strategies for preventing and responding to discrimination, stereotyping, and bullying
- C8 apply appropriate strategies for responding to discrimination, stereotyping, and bullying

Safety and Injury Prevention

- C9 identify sources of support for people in abusive or exploitative situations (e.g., trusted adult, school and community services)



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Prescribed Learning Outcomes

Grade 7

At the end of this lesson, it is expected that Grade 7 students will:

Goals and Decisions

A2 demonstrate an ability to apply a decision-making model to a specific situation

Health

Healthy Living

- C1 analyse factors (including media and peer) that influence personal health decisions
- C2 describe strategies for attaining and maintaining physical, emotional, and social health during puberty and adolescence
- C3 demonstrate an ability to access community information and support services for a variety of health issues

Healthy Relationships

- C5 identify characteristics of healthy relationships and unhealthy relationships (e.g., healthy relationships – respect, open communication; unhealthy relationships – jealousy, power imbalance, lack of empathy)
- C6 describe a variety of influences on relationships (e.g., peers, family, media, physical and emotional changes as a result of puberty)
- C7 demonstrate behaviours that contribute to the prevention of stereotyping, discrimination, and bullying