

**Grade: 10-12**

**4- Personal and Social Management - Knowledge**

**Strand A: Personal Development**

<p><b>1. Self-Awareness / Self-Esteem</b> Assess personal attributes and talents across a variety of domains and assess how each contributes to self esteem/self confidence</p>
<p><b>2. Goal-Setting</b> <b>a) Process</b> Examine the effectiveness of using a goal-setting process for setting and achieving personal goals and/or for changing a behaviour <b>b) Personal planning and responsibility</b> Evaluate how various internal and external factors may have an impact on the achievement of personal and/or career goals</p>
<p><b>3. Decision Making/Problem-Solving Process</b> Analyze factors that influence personal and/or group decisions for active, healthy lifestyles</p>

**4- Personal and Social Management - Knowledge**

**Strand B: Social Development**

<p><b>1. Social Responsibility</b> <b>a) Responsible social behaviours</b> <b>b) Appreciation of diversity</b></p>
<p><b>2. Relationships</b> <b>a) Communication skills and styles</b> Evaluate the benefits of effective communications skills for getting along with family, friends and peers in school, community and/or the workplace <b>b) Developing relationships</b> Identify potential adult roles and ways to prevent potential problems in developing meaningful relationships</p>
<p><b>3. Conflict Resolution Process</b> <b>a) Anger management</b> <b>b) Process</b> <b>c) Solutions</b></p>
<p><b>4. Avoidance and Refusal Strategies</b></p>

## 4 – Personal and Social Management - Knowledge

### Strand C: Mental-Emotional Development

<b>1. Feelings and Emotions</b> <b>a) Self-Expression</b> Describe the behaviours necessary for providing support to others and promoting emotional health and well-being <b>b) Loss and Grief</b> Show an understanding of ways to support others who are dealing with the loss of a friend or family member
<b>2. Elements of Stress</b> Describe situations that cause personal stress
<b>3. Effects of Stress</b> Examine the physiological and psychological effects of stress related to health and well-being
<b>4. Stress Management Skills</b> Examine the stress management strategies and defence mechanisms that can be healthy or unhealthy ways of managing stress

## 4 – Personal and Social Management - Skills

### Strand A: Acquisition of Personal and Social Management Skills Related to Physical Activity and Healthy Lifestyle Practices

<b>1. Goal Setting/Planning</b> Apply goal-setting strategies as part of designing long-term personal plans for healthy lifestyle practices
<b>2. Decision Making/Problem Solving</b> Design, implement, evaluate, and revise an action plan for making a personal and/or group decision based on values and beliefs
<b>3. Interpersonal Skills</b> Apply communication skills and strategies in case scenarios for getting along with others in a variety of contexts
<b>4. Conflict Resolution Skills</b>
<b>5. Stress Management Skills</b> Apply stress management strategies and communication skills for stress reduction for self and/or others in case scenarios related to stressful situations

## 5 – Healthy Lifestyle Practices - Knowledge

### Strand D: Substance Use and Abuse Prevention

<b>1. Helpful and Harmful Substances</b> Analyze issues concerning the use and abuse of legal and illegal substances
<b>2. Effects of Substance Use (Science Connections)</b> Evaluate the legal aspects and consequences of substance use, abuse, and addiction
<b>3. Factors Affecting Substance Use</b> Examine current statistics on substance use as it affects healthy living, locally and nationally
<b>4. Substance Use and Abuse</b> Analyze effective responses to problems regarding substance use and abuse by self or others

### COMMUNITY PARTNERS – Recommended Presentations

AFM – Barry Rud – Presentation, Gambling -857-8353
Cancer Care – Daisy Dowhy – Smoking – 857-6100
RCMP - Goggles

Link to MAAW Activities

[http://www.afm.mb.ca/maaw/Resource\\_Kit/documents/Kit2006Section2.3matrixcurriculumfinal.pdf](http://www.afm.mb.ca/maaw/Resource_Kit/documents/Kit2006Section2.3matrixcurriculumfinal.pdf)

Link to the AFM BASICS Drug Information Sheets

[http://www.afm.mb.ca/AFM%20Library/alcohol\\_drugs.htm#basics](http://www.afm.mb.ca/AFM%20Library/alcohol_drugs.htm#basics)