

Grade: 5

4- Personal and Social Management - Knowledge

Strand A: Personal Development

<p><b>1. Self-Awareness / Self-Esteem</b> Identify how one's self-concept and feelings are affected by others</p>
<p><b>2. Goal-Setting</b> <b>a) Process</b> Identify ways of setting group goals for cooperative learning and team-building <b>b) Personal planning and responsibility</b> Describe the importance of self-regulation and taking responsibility for one's own actions for personal success</p>
<p><b>3. Decision Making/Problem-Solving Process</b> Identify the influence of self and others on setting priorities and making responsible personal decisions</p>

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Strand B: Social Development

<p><b>1. Social Responsibility</b> <b>a) Responsible social behaviours</b> Describe behaviours that show respect for the rights and feelings of others <b>b) Appreciation of diversity</b> Recognize the role of activities and events in getting to know and understand others of similar and different cultures</p>
<p><b>2. Relationships</b> <b>a) Communication skills and styles</b> Review verbal and non-verbal behaviours that help and hinder communication for building positive relationships <b>b) Developing relationships</b> Identify qualities that are important in establishing and maintaining a friendship</p>
<p><b>3. Conflict Resolution Process</b> <b>a) Anger management</b> Identify components of anger management and strategies for self-control in different contexts <b>b) Process</b> Identify misunderstandings and/or miscommunications related to messages in the media that could cause or affect conflict <b>c) Solutions</b> Show an understanding of the steps in a conflict resolution process and conflict resolution strategies to negotiate disputes and de-escalate conflicts</p>
<p><b>4. Avoidance and Refusal Strategies</b> Identify and assess strategies for preventing or avoiding uncomfortable or dangerous situations</p>

## 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> Use goal-setting process to set and monitor progress for a group goal
<b>2. Decision Making/Problem Solving</b> Demonstrate the ability to set priorities for possible solutions that show responsible decision-making for physically active and healthy living choices
<b>3. Interpersonal Skills</b> Demonstrate functional use of interpersonal skills for getting along with others in making group decisions while participating in class activities
<b>4. Conflict Resolution Skills</b> Demonstrates ways to turn conflict into a win-win situation in different case scenarios
<b>5. Stress Management Skills</b>

## 5 – Healthy Lifestyle Practices - Knowledge

### Strand D: Substance Use and Abuse Prevention

<b>1. Helpful and Harmful Substances</b> Distinguish between medicinal and non-medicinal substances and their appropriate use
<b>2. Effects of Substance Use (Science Connections)</b> Describe effects and consequences of substance use on body systems
<b>3. Factors Affecting Substance Use</b> Identify peer, cultural, media, and social influences related to substance use and abuse
<b>4. Substance Use and Abuse</b> Apply strategies for preventing or avoiding substance use and abuse in different case scenarios

### COMMUNITY PARTNERS – Recommended Presentations

Champions Program – Mike Lukyn 857-6843
Cancer Care – Daisy Dowhy (contact) – Smoking – 857-6100
Aboriginal Elder – Use of Tobacco and the Role it Plays in Aboriginal Traditions

Link to MAAW Activities

[http://www.afm.mb.ca/maaw/Resource\\_Kit/documents/Kit2006Sections2.3matrixcurriculumfinal.pdf](http://www.afm.mb.ca/maaw/Resource_Kit/documents/Kit2006Sections2.3matrixcurriculumfinal.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)