

**Grade: 6**

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

**Strand A: Personal Development**

<p><b>1. Self-Awareness / Self-Esteem</b> Describe individual characteristics that contribute to the development of personal identity, self-confidence, and self-efficacy</p>
<p><b>2. Goal-Setting</b> <b>a) Process</b> Identify and revise short and long-term goals for personal management <b>b) Personal planning and responsibility</b> Determine effective time-management techniques and organizational skills for personal planning</p>
<p><b>3. Decision Making/Problem-Solving Process</b> Describe how personal factors and social factors influence making responsible and health-enhancing decisions</p>

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**Strand B: Social Development**

<p><b>1. Social Responsibility</b> <b>a) Responsible social behaviours</b> Identify the influences that help or hinder responsible, social decision-making <b>b) Appreciation of diversity</b> Recognize personal participation and responsibility in different social contexts</p>
<p><b>2. Relationships</b> <b>a) Communication skills and styles</b> Identify different styles of communication and their characteristics <b>b) Developing relationships</b> Identify the behaviours that are important for working cooperatively and collaboratively with others</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> Determine strategies for sharing and expressing feelings in appropriate ways <b>b) Loss and Grief</b> Recognize the range of emotions that may be experienced when loss occurs, including the stages of grief and where to go for help
<b>2. Elements of Stress</b> Identify the personality traits that are conducive to handling stress and showing resiliency
<b>3. Effects of Stress</b> Describe the General Adaptation Syndrome (GAS) relating to stress and the body's response at the various stages
<b>4. Stress Management Strategies</b> Identify stress management strategies for controlling anger in different situations

## 4 – Personal and Social Management - Skills

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

<b>1. Goal Setting/Planning</b> Assess and revise personal health and academic goals to enhance health and well-being
<b>2. Decision Making/Problem Solving</b> Determine positive and negative consequences of possible solutions as part of the decision making /problem solving process for making healthy living choices
<b>3. Interpersonal Skills</b> Demonstrate functional use of interpersonal skills for inclusion of others in different types of physical activities
<b>4. Conflict Resolution Skills</b>
<b>5. Stress Management Skills</b> Demonstrate the functional use of stress management strategies for managing stress in case scenarios related to a variety of situations

### COMMUNITY PARTNERS – Recommended Presentations

ALATEEN – Contact Barry Rud - 857-8353
DARE Program – RCMP – 857-4445 <a href="http://www.rcmp-grc.gc.ca/das/dare_e.htm">http://www.rcmp-grc.gc.ca/das/dare_e.htm</a>

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)