

**Grade: 7**

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

**Strand A: Personal Development**

<b>1. Self-Awareness / Self-Esteem</b> Compare attitudes and behaviours that contribute to a sense of belonging
<b>2. Goal-Setting</b> <b>a) Process</b> Identify the obstacles that may influence achievement of and making revisions to personal goals and strategies <b>b) Personal planning and responsibility</b> Describe the mental skills necessary to enhance performance, readiness, and satisfaction
<b>3. Decision Making/Problem-Solving Process</b> Explain the benefits of using the decision-making/problem solving process for making responsible and health-enhancing personal decisions

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**Strand B: Social Development**

<b>1. Social Responsibility</b> <b>a) Responsible social behaviours</b> Identify socially acceptable behaviours for dealing with new situations and/or change <b>b) Appreciation of diversity</b> Describe conduct and ethical behaviours appropriate for engaging in physical activity and/or social events
<b>2. Relationships</b> <b>a) Communication skills and styles</b> Identify the characteristics associated with each of the communication styles and leadership qualities <b>b) Developing relationships</b> Identify areas within the school and community that offer opportunities to make new friends and belong to a group
<b>3. Conflict Resolution Process</b> <b>a) Anger management</b> Identify anger management skills as alternatives to aggression and violence <b>b) Process</b> Describe how conflict situations affect personal behaviour and development <b>c) Solutions</b> Review strategies, possible outcomes, and behaviours for conflict resolution among friends and/or peers
<b>4. Avoidance and Refusal Strategies</b> Describe appropriate use of avoidance/refusal strategies when dealing with potentially dangerous situations and/or stressful social 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>
<b>2. Decision Making/Problem Solving</b> Develop criteria and a rating system for weighing the benefits of the alternatives for making physically active and healthy lifestyle choices in different case scenarios
<b>3. Interpersonal Skills</b> Demonstrate functional use of interpersonal skills for dealing with new activities, situations, and/or changes in class activities
<b>4. Conflict Resolution Skills</b> Apply conflict resolution strategies to different scenarios
<b>5. Stress Management Skills</b>

### COMMUNITY PARTNERS – Recommended Presentations

Cancer Care – Daisy Dowhy – Smoking – 857-6100
AFM Middle Years Prevention Program – Barry Rud – 857-8353

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)