

Grade: 8

4- Personal and Social Management - Knowledge

Strand A: Personal Development

<p>1. Self-Awareness / Self-Esteem Examine the effects of stereotyping based on a variety of factors to promote acceptance of self and others</p>
<p>2. Goal-Setting a) Process Develop self-monitoring strategies and criteria in goal-setting for an individual and/or group goal b) Personal planning and responsibility Analyze how factors affect one's planning and setting of goals</p>
<p>3. Decision Making/Problem-Solving Process Describe the social factors that affect the decision-making/problem solving process in group situations</p>

4- Personal and Social Management - Knowledge

Strand B: Social Development

<p>1. Social Responsibility a) Responsible social behaviours Describe behaviours that show social responsibility and respect for diversity in different contexts b) Appreciation of diversity Discuss personal participation and responsibilities in physical activities and/or social events for the promotion or inclusion and cultural diversity in communities</p>
<p>2. Relationships a) Communication skills and styles Describe examples of assertive behaviours for resting negative peer pressure b) Developing relationships Identify roles and responsibilities in developing positive relationships</p>
<p>3. Conflict Resolution Process a) Anger management b) Process c) Solutions</p>
<p>4. Avoidance and Refusal Strategies</p>

4 – Personal and Social Management - Knowledge

Strand C: Mental-Emotional Development

1. Feelings and Emotions a) Self-Expression Identify how self, peers and the community contribute to the enhancement of personal health and well-being b) Loss and Grief Identify stages of grieving for understanding and supporting self and others
2. Elements of Stress Explain how stress may have positive or negative consequences
3. Effects of Stress Examine the effects of stress and relaxation on body systems
4. Stress Management Skills List healthy and unhealthy strategies for dealing with stress and/or anxiety

4 – Personal and Social Management - Skills

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

1. Goal Setting/Planning Develop, implement, self-monitor, and revise a plan using pre-determined criteria for active healthy living to achieve a personal and/or group goal
2. Decision Making/Problem Solving Apply the decision making/problem solving process in making group decisions in different case scenarios
3. Interpersonal Skills Demonstrate functional use of interpersonal skills that promote fair play and teamwork
4. Conflict Resolution Skills
5. Stress Management Skills Apply stress management strategies in case scenarios related to stressful situations

COMMUNITY PARTNERS – Recommended Presentations

AFM Middle Years Prevention Program – Barry Rud – 857-8353
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Link to MAAW Activities

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