

Grade: 9

4- Personal and Social Management - Knowledge

Strand A: Personal Development

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| <p><b>1. Self-Awareness / Self-Esteem</b><br/>Examine personal strengths, values, and strategies for achieving individual success and a positive self-image</p>  |
| <p><b>2. Goal-Setting</b><br/><b>a) Process</b><br/>Identify potential career choices in health education and physical education<br/><b>b) Personal planning and responsibility</b><br/>Determine the skills for employability</p> |
| <p><b>3. Decision Making/Problem-Solving Process</b><br/>Examine factors that affect making decisions by self and/or others for active healthy lifestyles and/or career building</p>   |

4- Personal and Social Management - Knowledge

Strand B: Social Development

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| <p><b>1. Social Responsibility</b><br/><b>a) Responsible social behaviours</b><br/>Describe ways to treat others for the development of healthy and meaningful relationships<br/><b>b) Appreciation of diversity</b><br/>Reflect on the factors that influence choice of physical activities or sport pursuits for self and others</p>  |
| <p><b>2. Relationships</b><br/><b>a) Communication skills and styles</b><br/>Identify communication skills and strategies that promote team/group dynamics<br/><b>b) Developing relationships</b><br/>Identify appropriate social behaviours for developing meaningful interpersonal relationships</p>  |
| <p><b>3. Conflict Resolution Process</b><br/><b>a) Anger management</b><br/>Examine how to manage anger in constructive ways in different case scenarios<br/><b>b) Process</b><br/>Examine effects of conflicts and the importance of seeing both sides of issues in developing meaningful personal or/or team relationships<br/><b>c) Solutions</b><br/>Assess behaviours and conflict resolution strategies in context of final outcome for settling disputes</p> |
| <p><b>4. Avoidance and Refusal Strategies</b><br/>Identify examples of potentially dangerous and effective strategies for avoidance/refusal</p>   |

## 4 – Personal and Social Management - Skills

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

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| <b>1. Goal Setting/Planning</b><br>Apply a goal-setting process as part of designing a short-term plan for a realistic personal goal related to academic and/or healthy lifestyle practices                         |
| <b>2. Decision Making/Problem Solving</b><br>Design, implement, and evaluate an action plan for making a decision based on personal values and beliefs related to physically active and healthy lifestyle practices |
| <b>3. Interpersonal Skills</b><br>Apply interpersonal skills in case scenarios related to developing close, meaningful relationships  |
| <b>4. Conflict Resolution Skills</b><br>Apply conflict resolution strategies in different case scenarios for understanding different perspectives and points of view  |
| <b>5. Stress Management Skills</b>  |

## 5 – Healthy Lifestyle Practices - Knowledge

### Strand D: Substance Use and Abuse Prevention

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| <b>1. Helpful and Harmful Substances</b><br>Explain the meaning of addiction and substance dependence and the possible effects on self and/or others             |
| <b>2. Effects of Substance Use (Science Connections)</b><br>Examine the use and abuse of substances and potential consequences on personal health and well-being |
| <b>3. Factors Affecting Substance Use</b><br>Identify community agencies and resources available to support the prevention of substance use and abuse            |
| <b>4. Substance Use and Abuse</b><br>Apply problem-solving strategies to respond appropriately to issues related to substance use and/or abuse                   |

### COMMUNITY PARTNERS – Recommended Presentations

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| Ateen – Contact Barry Rud - 857-8353  |
| Alcoholics Anonymous – presentation for awareness of program testimonials – George - 857-5734 |
| RCMP – Drug Kit   |
| Public Health – smoking – 239-3070  |

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)