

Grade: 9

4- Personal and Social Management - Knowledge

Strand A: Personal Development

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

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Strand B: Social Development

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

1. Goal Setting/Planning 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
2. Decision Making/Problem Solving 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
3. Interpersonal Skills Apply interpersonal skills in case scenarios related to developing close, meaningful relationships
4. Conflict Resolution Skills Apply conflict resolution strategies in different case scenarios for understanding different perspectives and points of view
5. Stress Management Skills

5 – Healthy Lifestyle Practices - Knowledge

Strand D: Substance Use and Abuse Prevention

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

COMMUNITY PARTNERS – Recommended Presentations

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

Link to the AFM BASICS Drug Information Sheets

http://www.afm.mb.ca/AFM%20Library/alcohol_drugs.htm#basics