

Unit 3: Healthy Lifestyles

Prescribed Learning Outcomes

It is expected that students will:

GOALS AND DECISIONS

A2 identify influences on goal setting and decision making, including family, peer, and media influences

HEALTH: *Healthy Living*

- C1 describe the benefits of attaining and maintaining a balanced, healthy lifestyle, including the benefits of
- being physically active
 - healthy eating practices
 - an emotionally healthy lifestyle
- C2 describe the human reproductive system
- C3 demonstrate an understanding of the importance of respecting own and others' development rates during puberty and adolescence
- C4 identify practices that reduce the risk of contracting life-threatening communicable diseases, including HIV, hepatitis B and C, and meningococcal C

HEALTH

Healthy Living

- C1 analyse factors (including media and peer) that influence personal health decisions
- C2 describe strategies for attaining and maintaining physical, emotional, and social health during puberty and adolescence
- C3 demonstrate an ability to access community information and support services for a variety of health issues
- C4 demonstrate an understanding of the life-threatening nature of HIV/AIDS (e.g., HIV/AIDS damages the immune system, there is currently no known cure for HIV/AIDS)

Healthy Relationships

- C5 identify characteristics of healthy relationships and unhealthy relationships (e.g., healthy relationships – respect, open communication; unhealthy relationships – jealousy, power imbalance, lack of empathy)
- C6 describe a variety of influences on relationships (e.g., peers, family, media, physical and emotional changes as a result of puberty)
- C7 demonstrate behaviours that contribute to the prevention of stereotyping, discrimination, and bullying