

OVERVIEW OF HEALTH AND CAREER EDUCATION K TO 7 TOPICS

	Kindergarten	Grade 1	Grade 2	Grade 3
GOALS AND DECISIONS	<ul style="list-style-type: none"> opportunities to make choices sources of support at school 	<ul style="list-style-type: none"> reasons for setting goals sources of support at school and in the community 	<ul style="list-style-type: none"> steps in goal setting opportunities for making decisions 	<ul style="list-style-type: none"> using a goal-setting model sources of support
CAREER DEVELOPMENT	<ul style="list-style-type: none"> personal skills and interests jobs and responsibilities at home and school 	<ul style="list-style-type: none"> personal skills and interests jobs and responsibilities at home and school 	<ul style="list-style-type: none"> ways of categorizing jobs effective work habits 	<ul style="list-style-type: none"> attributes of role models benefits of effective work habits
HEALTH <i>Healthy Living</i>	<ul style="list-style-type: none"> practices that contribute to health 	<ul style="list-style-type: none"> practices that contribute to health preventing spread of diseases and conditions 	<ul style="list-style-type: none"> physical and emotional health practices healthy eating practices preventing spread of communicable diseases 	<ul style="list-style-type: none"> physical and emotional health practices importance of healthy eating and regular physical activity preventing spread of communicable diseases
<i>Healthy Relationships</i>	<ul style="list-style-type: none"> thoughtful caring behaviours in families expressing feelings appropriately relationship behaviours 	<ul style="list-style-type: none"> how families provide support and nurturing expressing feelings friendship behaviours dealing with interpersonal conflict 	<ul style="list-style-type: none"> communication skills friendship strategies 	<ul style="list-style-type: none"> building positive relationships nature and consequences of bullying
<i>Safety and Injury Prevention</i>	<ul style="list-style-type: none"> terminology for private parts appropriate and inappropriate touching responding to inappropriate touches or confusing or uncomfortable situations hazard identification and avoidance (home, school, road, and community) accessing emergency services 	<ul style="list-style-type: none"> terminology for private parts appropriate and inappropriate touching responding to inappropriate touches or confusing or uncomfortable situations safety guidelines (home, school, road, and community) accessing emergency services 	<ul style="list-style-type: none"> avoidance and assertiveness related to potentially abusive situations avoiding hazardous situations (home, school, streets, community) 	<ul style="list-style-type: none"> avoidance and assertiveness related to potentially abusive situations importance of recognizing and avoiding hazardous situations
<i>Substance Misuse Prevention</i>	<ul style="list-style-type: none"> safe and unsafe substances 	<ul style="list-style-type: none"> recognizing and refusing unsafe substances 	<ul style="list-style-type: none"> harm from unsafe substances refusing substances 	<ul style="list-style-type: none"> negative effects of unsafe substances avoiding substances

Grade 4	Grade 5	Grade 6	Grade 7	
<ul style="list-style-type: none"> steps in decision making 	<ul style="list-style-type: none"> factors affecting decision making benefits of personal support networks 	<ul style="list-style-type: none"> planning to support goals influences on decision making and goal setting 	<ul style="list-style-type: none"> planning to achieve a specific goal applying a decision making model 	GOALS AND DECISIONS
<ul style="list-style-type: none"> attribute inventory importance of effective work habits 	<ul style="list-style-type: none"> types of work of interest work habits and transferable skills 	<ul style="list-style-type: none"> relationship between attributes and work transferable skills developed in and out of school 	<ul style="list-style-type: none"> career clusters transferable skills 	CAREER DEVELOPMENT
<ul style="list-style-type: none"> choices for emotional and physical health choices for healthy eating physical changes at puberty communicable and non-communicable diseases 	<ul style="list-style-type: none"> factors influencing health decisions healthy lifestyle planning physical, emotional, and social changes at puberty practices for preventing communicable and non-communicable diseases 	<ul style="list-style-type: none"> benefits of healthy lifestyles human reproductive system respecting developmental differences life-threatening communicable diseases, including HIV/AIDS 	<ul style="list-style-type: none"> factors influencing health decisions maintaining health during puberty accessing community information and support life-threatening nature of HIV/AIDS 	HEALTH <i>Healthy Living</i>
<ul style="list-style-type: none"> interpersonal skills in relationships strategies for responding to bullying behaviour 	<ul style="list-style-type: none"> assessing own interpersonal skills safe and caring schools 	<ul style="list-style-type: none"> influences of peers on behaviour stereotyping and discrimination responding to stereotyping, discrimination, and bullying 	<ul style="list-style-type: none"> healthy and unhealthy relationships influences on relationships preventing stereotyping, discrimination, and bullying 	<i>Healthy Relationships</i>
<ul style="list-style-type: none"> lures and tricks used by potential abusers (including on the Internet) abuse avoidance strategies potential for injury in a range of settings 	<ul style="list-style-type: none"> safety guidelines for protection from abuse and exploitation minimizing risks social pressures and risk taking 	<ul style="list-style-type: none"> sources of help and support Internet safety responsible safety behaviour responding to emergencies 	<ul style="list-style-type: none"> personal strategies to avoid abuse and exploitation avoiding unsafe situations on road and in community 	<i>Safety and Injury Prevention</i>
<ul style="list-style-type: none"> negative effects of abusing tobacco, alcohol, and other drugs strategies for preventing substance misuse 	<ul style="list-style-type: none"> factors contributing to use of tobacco, alcohol, and other drugs 	<ul style="list-style-type: none"> prevention and alternatives consequences to self and others 	<ul style="list-style-type: none"> media and social influences on substance misuse healthy alternatives 	<i>Substance Misuse Prevention</i>