

Grade 7

**Health and Life Skills**

- W-7.7 analyze the definition, effects and possible consequences of various forms of harassment
- W-7.8 analyze and appreciate differing personal perspectives on safety; e.g., physical, emotional, social safety
- W-7.10 identify and examine potential sources of physical/emotional/ social support
- R-7.2 analyze the need for short-term and long-term support for emotional concerns; e.g., family, friends, schools, professionals
- L-7.7 determine and use knowledge and skills of the class to promote school and community health

Grade 8

**Health and Life Skills**

- W-8.1 examine the relationship between choices and resulting consequences; e.g., how choosing to smoke affects how one looks, feels and performs
- *\*W-8.7 determine the signs, methods and consequences of various types of abuse; e.g., neglect, physical, emotional, sexual abuse*
- R-8.5 develop strategies for maintaining healthy relationships
- L-8.7 relate personal knowledge and skills to potential opportunities for volunteering and providing service to others in the community

Grade 9

**Health and Life Skills**

- W-9.1 use knowledge of a healthy, active lifestyle to promote and encourage family/peer/ community involvement
- W-9.8 develop strategies to promote harm reduction/risk management; e.g., differentiate between choosing personal challenges or acting impulsively, encourage others to evaluate risks
- R-9.2 analyze why individuals choose not to express or manage feelings in situations; e.g., using anger to manipulate others, avoid others, feel powerful
- R-9.5 describe and analyze factors that contribute to the development of unhealthy relationships, and develop strategies to deal with unhealthy relationships
- L-9.7 analyze the potential impact of volunteerism on career opportunities