

Senior High

Career and Life Management (CALM)

- P2. evaluate choices and combinations of choices that can create barriers to achieving and maintaining health, and identify actions to improve health
 - analyze poor choices or lack of ability to pursue healthy choices and decisions
 - describe how peer pressure and the expectations of others influence choices
- P4. develop approaches/tactics for creative problem solving and decision making
 - analyze the ability to make a change or difference, for self and others
- P10. examine various attitudes, values and behaviours for developing meaningful interpersonal relationships
 - explain our need for relationships
 - identify positive elements of relationships; i.e., trust, integrity, respect, responsibility
 - describe the skills, attitudes and behaviours for building, maintaining and enhancing healthy, positive relationships
 - generate a list of ways to provide support to others
 - identify strategies for dealing with significant change and loss in a relationship and for ending a relationship
 - develop strategies for identifying unhealthy relationships and for dealing with exploitation and violence in relationships
- P14. evaluate resources and support systems for each dimension of health and well-being for self and others
 - identify support systems and resources for unhealthy relationships and strategies for contacting/using them