

Summary of Key Changes - Health Curriculum

Grades 1-8

Grade 6

*OE = Overall Expectation

**SE = Specific Expectation

Topic 1998 Curriculum	Identify Healthy Eating Habits (OE)	Identify Stages in Dev't of Humans (OE)	Recognize Safety Risks and Safe Practices (OE)	Recognize Commonly used Medicines and Household Products (OE)	Topic 2015 Curriculum	C. 1 Understanding Health Concepts (OE)	C. 2 Making Healthy Choices (OE)	C. 3 Making Connections for Healthy Living (OE)	Summary of Key Changes
Grade 6 Healthy Eating (SE)	<p>-Determine the influence of various factors (e.g., the media, family traditions, allergies) on personal food choices, body image and self-esteem</p> <p>-Analyse personal eating habits in a variety of situations (e.g., at home, in school, in restaurants)</p> <p>-Describe the benefits of healthy eating for active living</p>				Grade 6 Healthy Eating (SE)		<p>C2.1 Influences on healthy eating</p> <p>C2.2 - Eating cues and guidelines</p>	<p>C3.1 - Benefits of healthy eating/active living to one`s health</p>	<ul style="list-style-type: none"> • Similar expectations regarding the influence of various factors on healthy eating • Similar expectations regarding benefits of healthy eating and active living • Inclusion into new curriculum re: eating and drinking cues (fullness)

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Personal Safety and Injury Prevention (SE)			<p>-Identify and describe appropriate methods for preventing and treating ailments (e.g., sunburn, minor cuts)</p> <p>-Identify the responsibilities associated with caring for themselves and others (e.g., while babysitting)</p> <p>-Describe and respond appropriately to potentially violent situations relevant to themselves (e.g., threats, harassment, violence in the media)</p>		Personal Safety and Injury Prevention (SE)		C2.3 - Safe and positive social interaction, conflict management	C3.2 - Responsibilities, risks - care for self and others, safety practices	<ul style="list-style-type: none"> Identifying responsibilities and responding to violent situations remains unchanged (is now SE C3.2) Preventing and treating ailments present (but also handled throughout current curriculum from grades 1 to 8, depending on the topic) safe and positive social interaction was introduced in grade 5 in previous curriculum

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Substance Use and Abuse (SE)				<p>-Describe the short- and long-term effects of cannabis and other illicit drugs</p> <p>-Determine influences (e.g., interpersonal, personal, legal, economic) on the use and abuse of tobacco and other drugs (e.g., alcohol, cannabis, LSD) and consider them as part of a decision-making process to make healthy choices</p> <p>-Identify people and community agencies that support making healthy choices regarding substance use and abuse</p>	Substance Use, Addictions, and Related Behaviours (SE)	<p>C1.1 - Effects of cannabis, illicit drugs</p> <p>C1.2 - Supports - substance use, addictive behaviours</p>	C.2.4 - Strategies, safe choices, influences, tobacco, alcohol, cannabis		<ul style="list-style-type: none"> • No significant changes to specific expectations in this strand from old to new curriculum • Peer pressure re: substance abuse addressed in new curriculum (previously addressed in 1998 grade 7 curriculum)

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Growth and Dev't (SE)		<p>-Relate the changes at puberty to the reproductive organs and their functions</p> <p>-Apply a problem-solving or decision-making process to address issues related to friends, peers, and family relationships</p>			Human Dev't and Sexual Health (SE)	C1.3 - Factors that affect the development of a person`s self-concept	<p>C2.5 - Understanding of puberty changes, healthy relationships</p> <p>C2.6 - Decision making on relationships (respecting self and others, using a variety of living skills)</p>	<p>C3.3 - Stereotypes and assumptions - impacts and strategies for responding (including homophobia, assumptions on gender roles, sexual orientation, gender expression, race, ethnicity, mental health, etc.)</p>	<ul style="list-style-type: none"> • New curriculum begins to address gender identity, body image, mental health and emotional well-being, physical abilities, etc.) Was not covered well or at all (some topics) in previous curriculum. • Reproductive function of sexual organs re: puberty is introduced in the new grade 5 curriculum