

Summary of Key Changes - Health Curriculum

Grades 1-8

Grade 7

*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 7	Healthy Eating (SE)				Grade 7	Healthy Eating (SE)		C2.1 -Food choices and health problems	C3.1 - Healthy eating practices and routines	<ul style="list-style-type: none"> • More in-depth look at health related disorders or problems (e.g., cardiovascular disease and Type II Diabetes) stemming from food choices in new curriculum • Body image has been addressed in substance use, abuse and related behaviours category
	Personal Safety and Injury Prevention (SE)					Personal Safety and Injury Prevention (SE)	C1.1 - Benefits and dangers of technology	C2.2 - Impact - bullying/ harassment		<ul style="list-style-type: none"> • New curriculum addresses bullying and harassment, but incorporates new technologies (cyber-bullying) into the curriculum

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Substance Use and Abuse (SE)				<p>-Outline a variety of issues related to substance use and abuse (e.g., the effects of second-hand smoke; the impact of laws governing drug use)</p> <p>-Identify and categorize drugs as stimulants, depressants, and hallucinogens</p> <p>-Apply a decision-making process to make informed choices regarding drug use</p> <p>-Demonstrate strategies that can be used to counter pressures to smoke, drink, take drugs and identify healthy alternatives to drug use</p>	Substance Use, Addictions, and Related Behaviours (SE)	C1.2 - Mental health, substances, support	C.2.3 - Body image, substance use		<ul style="list-style-type: none"> • Significant change is around Mental Health and well-being in the new curriculum • Substance abuse is related to body image issues in the new curriculum (in this strand) • Peer pressure and strategies to overcome addressed in new grade 6 curriculum

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Growth and Dev't (SE)		<p>-Explain the male and female reproductive systems as they relate to fertilization</p> <p>-Distinguish between the facts and myths associated with menstruation, spermatogenesis and fertilization</p> <p>-Identify the methods of transmission and they symptoms of sexually transmitted diseases (STDs) and the ways to prevent them</p> <p>-Use effective communication skills (e.g., refusal skills) to deal with various relationships and situations</p> <p>-Explain the term abstinence as it applies to healthy sexuality</p> <p>-Identify sources of support with regard to issues related to healthy sexuality</p>			Human Dev't and Sexual Health (SE)	<p>C1.3 -Delaying sexual activity</p> <p>C1.4 - Sexually transmitted infections (STIs)</p> <p>C1.5 - STI and pregnancy prevention</p>	C2.4 - Sexual health and decision making	C3.3 - Relationship changes at puberty	<ul style="list-style-type: none"> •.New curriculum focuses on concept on CONSENT (including refusal - healthy communication and listening skills) • Abstinence still addressed • STIs (formerly identified as STDs) discussed with regard to transmission through intercourse or sexual activities and symptoms of STIs • Fertilization of egg now pregnancy prevention and STI prevention • New curriculum expects students to learn about physical, emotional, social, and psychological factors that relate to sexual health

