



Curriculum Expectations

The expectations in health and physical education courses are organized into four distinct but related strands: physical activity, active living, healthy living, and living skills. This unit on healthy sexuality deals primarily with the following two strands.

Healthy Living: addresses the knowledge and skills that students need to make informed decisions related to healthy growth and sexuality, mental health, and personal safety and injury prevention. The topics included in this strand are “healthy growth and sexuality”, “substance use and abuse”, “personal safety and injury prevention”, and “healthy eating”.

Living Skills: helps students develop a positive “sense of self”, as well as effective decision-making, conflict resolution, communication, and interpersonal skills. This strand includes the topics of “decision making”, “conflict resolution”, and “social skills”. Expectations such as demonstrating active listening to de-escalate conflict, expressing feelings to help resolve problems, and demonstrating behaviour that is respectful and sensitive to others help students make the transition to adulthood. Through the expectations for living skills, students learn to develop and take responsibility for their decisions and behaviour, thereby enhancing their personal competence and well-being. The development of these abilities is particularly important during adolescence, a time of testing and risk taking, when students need to refine, practise, and apply their knowledge and skills to make healthy, safe, and wise choices. There are consistent and significant reductions in unhealthy behaviour when school-based health programs focus on living skills.



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Grade 9 Curriculum Expectations and Codes

Overall Expectations: Healthy Living	Codes
<ul style="list-style-type: none"> Identify the factors that contribute to positive relationships with others 	9p1
<ul style="list-style-type: none"> Explain the consequences of sexual decisions on the individual, family, and community 	9p2
Specific Expectations: Healthy Growth and Sexuality	
<ul style="list-style-type: none"> Identify the developmental stages of sexuality throughout life 	9p5
<ul style="list-style-type: none"> Describe the factors that lead to responsible sexual relationships 	9p6
<ul style="list-style-type: none"> Describe the relative effectiveness of methods of preventing pregnancies and sexually transmitted diseases (e.g., abstinence, condoms, oral contraceptives) 	9p7
<ul style="list-style-type: none"> Demonstrate understanding of how to use decision-making and assertiveness skills effectively to promote healthy sexuality (e.g., healthy human relationships, avoiding unwanted pregnancies and STDs such as HIV/AIDS) 	9p8
<ul style="list-style-type: none"> Demonstrate understanding of the pressures on teens to be sexually active 	9p9



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<ul style="list-style-type: none"> Identify community support services related to sexual health concerns 	9p10
Overall Expectations: Living Skills	
<ul style="list-style-type: none"> Use appropriate decision-making skills to achieve goals related to personal health 	9p21
<ul style="list-style-type: none"> Explain the effectiveness of various conflict resolution processes in daily situations 	9p22
<ul style="list-style-type: none"> Use appropriate social skills when working collaboratively with others 	9p23
Specific Expectations: Decision Making	
<ul style="list-style-type: none"> Identify personal strengths and areas for growth 	9p24
Specific Expectations: Conflict Resolution	
<ul style="list-style-type: none"> Demonstrate active listening skills (e.g., identifying non-verbal feelings expressed by others, paraphrasing the message, asking questions for clarification) when managing conflict 	9p30



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<ul style="list-style-type: none"> Identify coping skills (e.g., involvement in physical activity, talking it out, participating in alternative activities or hobbies) to deal with the internal conflict and stress that often accompanies change 	9p33
<p>Specific Expectations: Social Skills</p>	
<ul style="list-style-type: none"> Contribute to the success of the group verbally and non-verbally (e.g., by completing a fair share of the group task, by acknowledging others' contributions to the task) 	9p34
<ul style="list-style-type: none"> Explain the benefits and disadvantages of working with others 	9p35