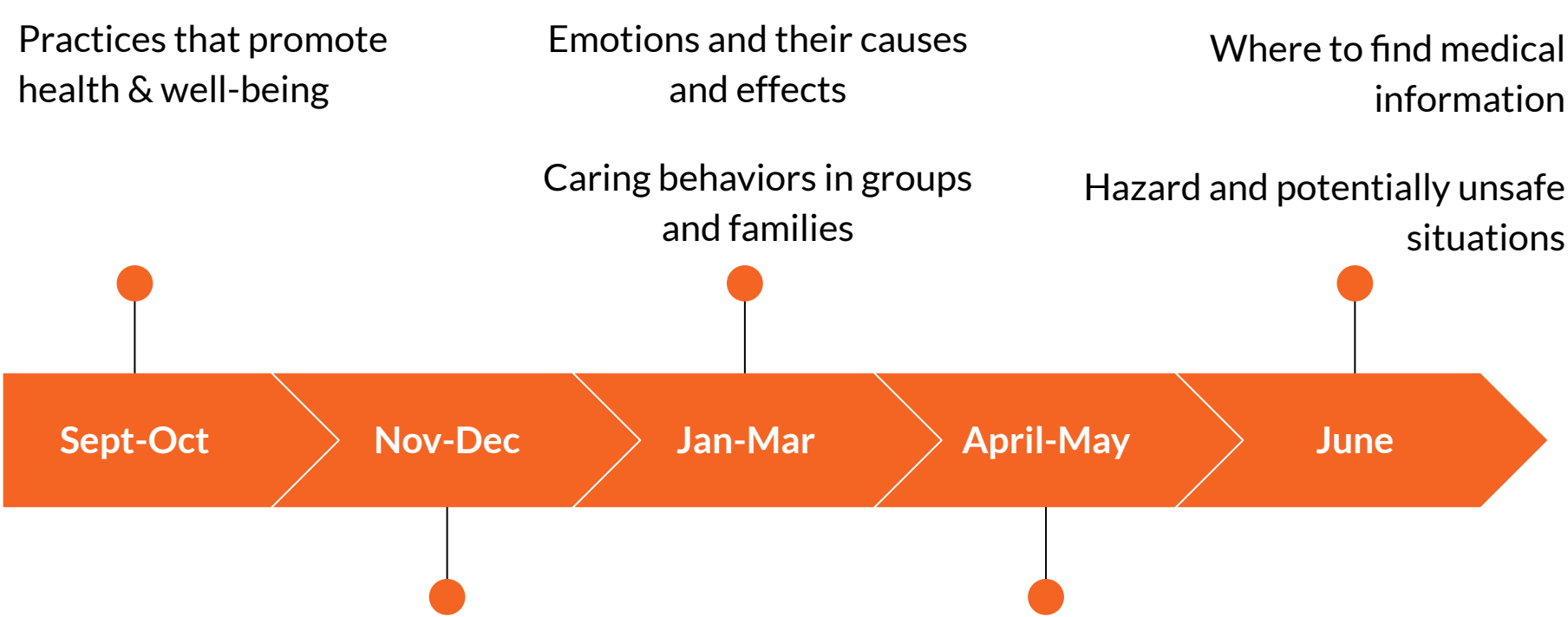
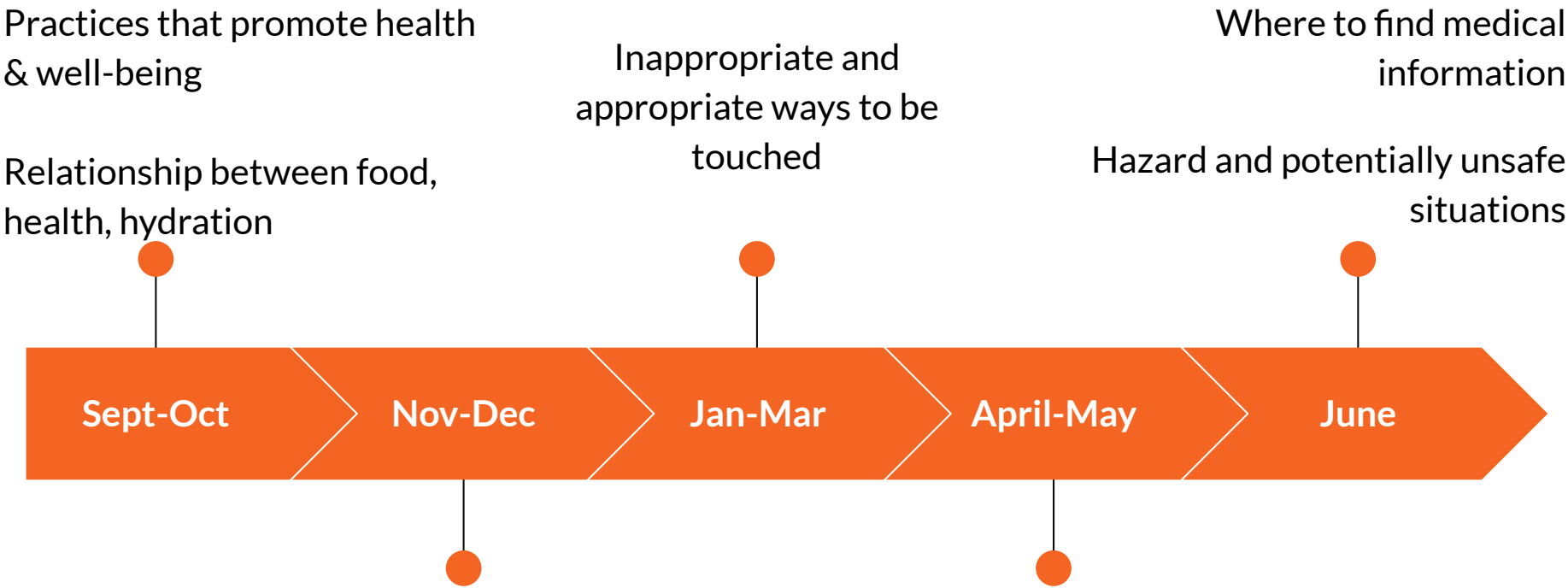


Kindergarten

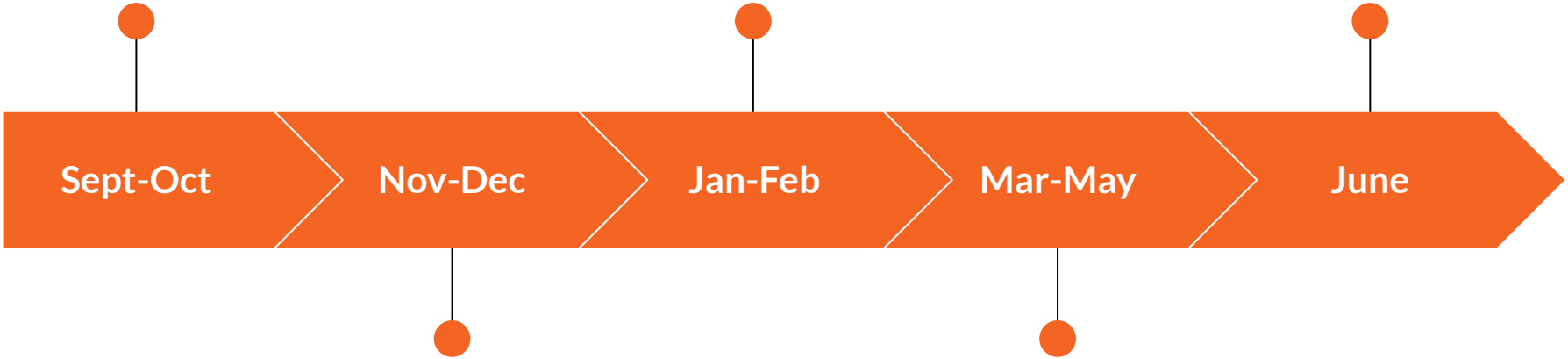

Practices that promote health & well-being
Relationship between food, health, hydration
Inappropriate and appropriate ways to be touched
Where to find medical information
Hazard and potentially unsafe situations
Sept-Oct
Nov-Dec
Jan-Mar
April-May
June
Private body part names
Caring behaviors in groups and families
Emotions and their causes and effects
Different types of substances

Grade 1

Practices that promote health & well-being

Managing and expressing emotions

Strategies for accessing health information



Factors that influence self-identity

Effects of different substances

Strategies and skills to use in hazardous and potentially unsafe situations

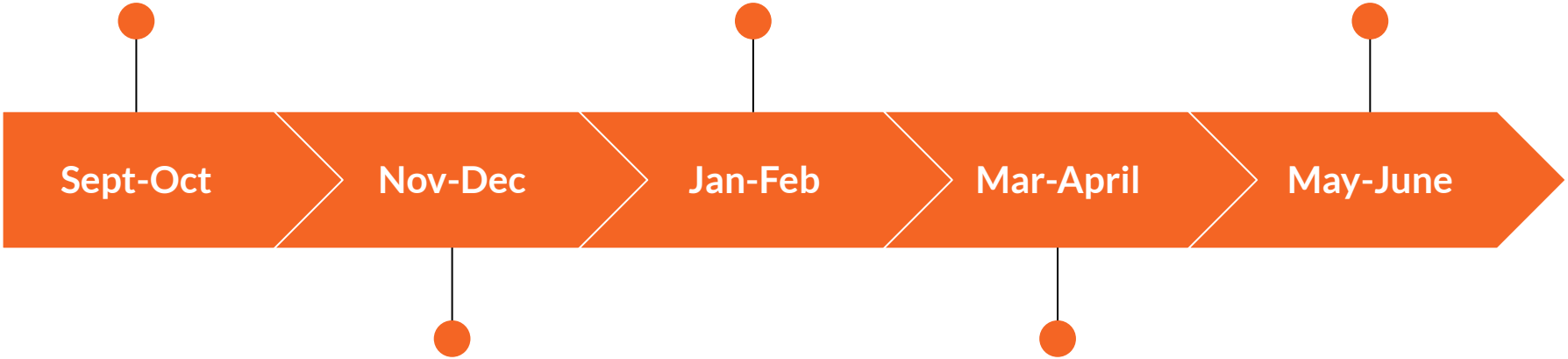
Grade 2

Relationship between worries and fears

Nutrition and hydration choices to support overall health

Nature and consequences of bullying

Strategies for accessing health information



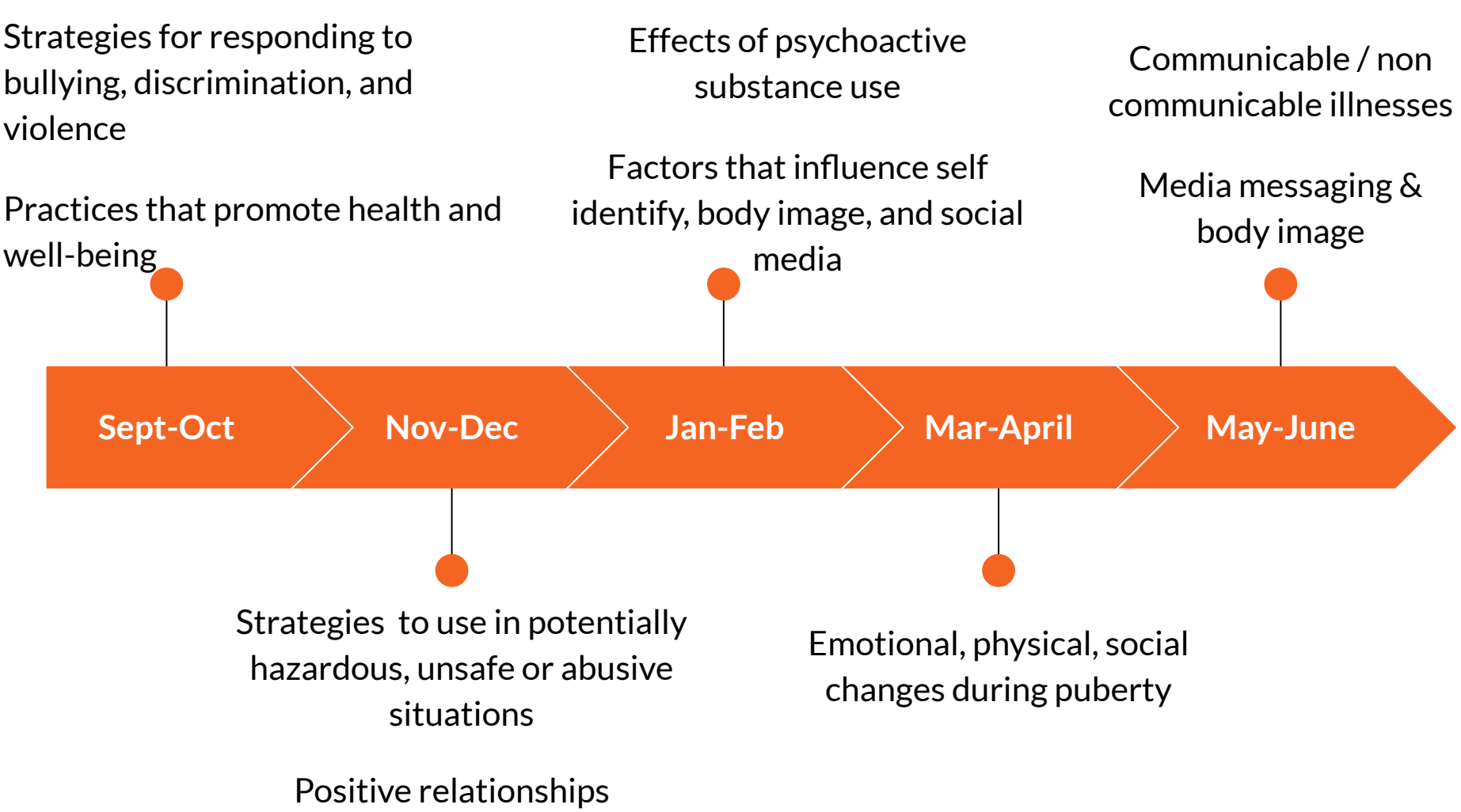
Factors that influence self-identity

Practices that promote health and well-being

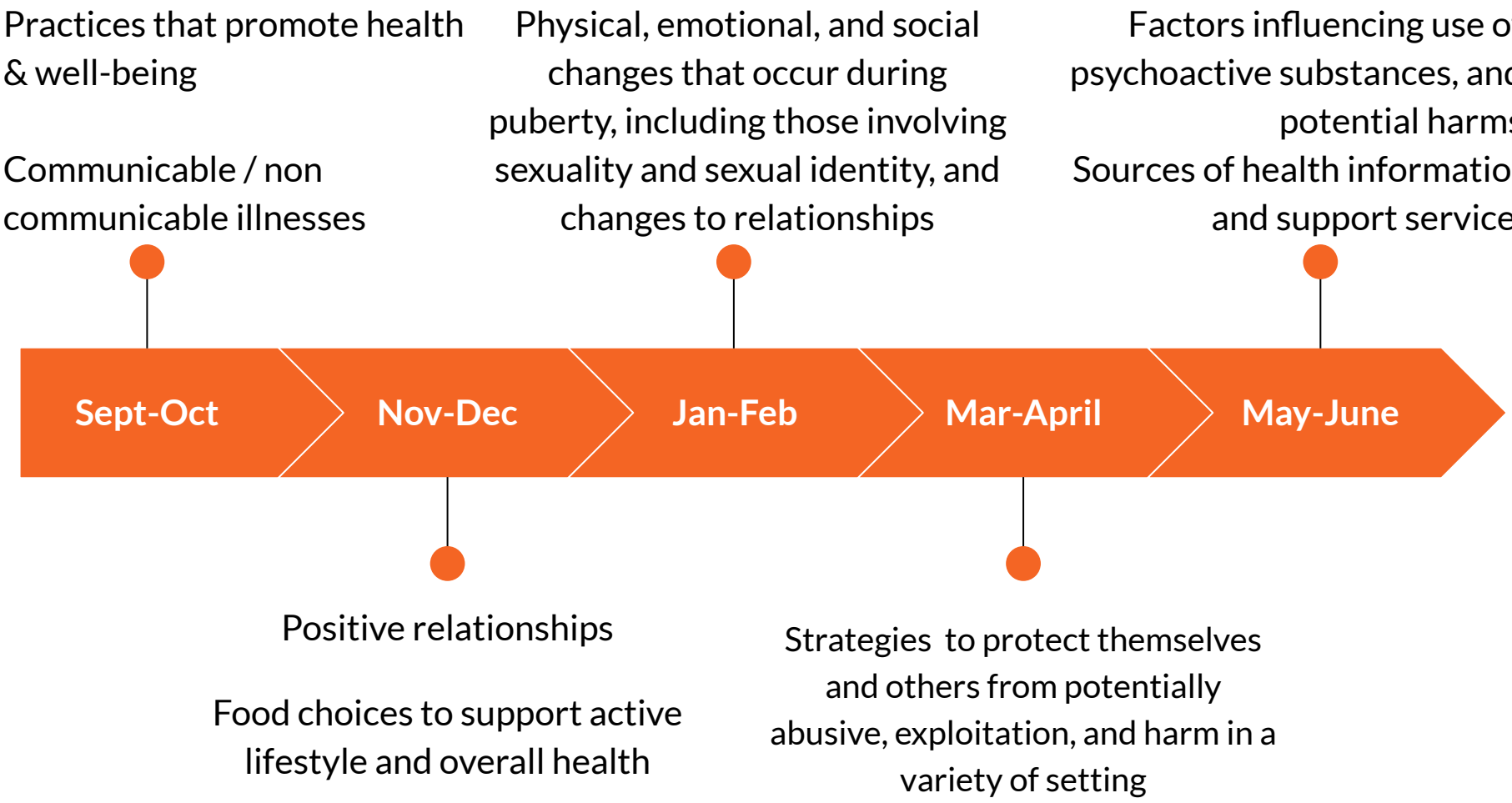
Effects of different substances

Strategies and skills to use in potentially hazardous, unsafe or abusive situations

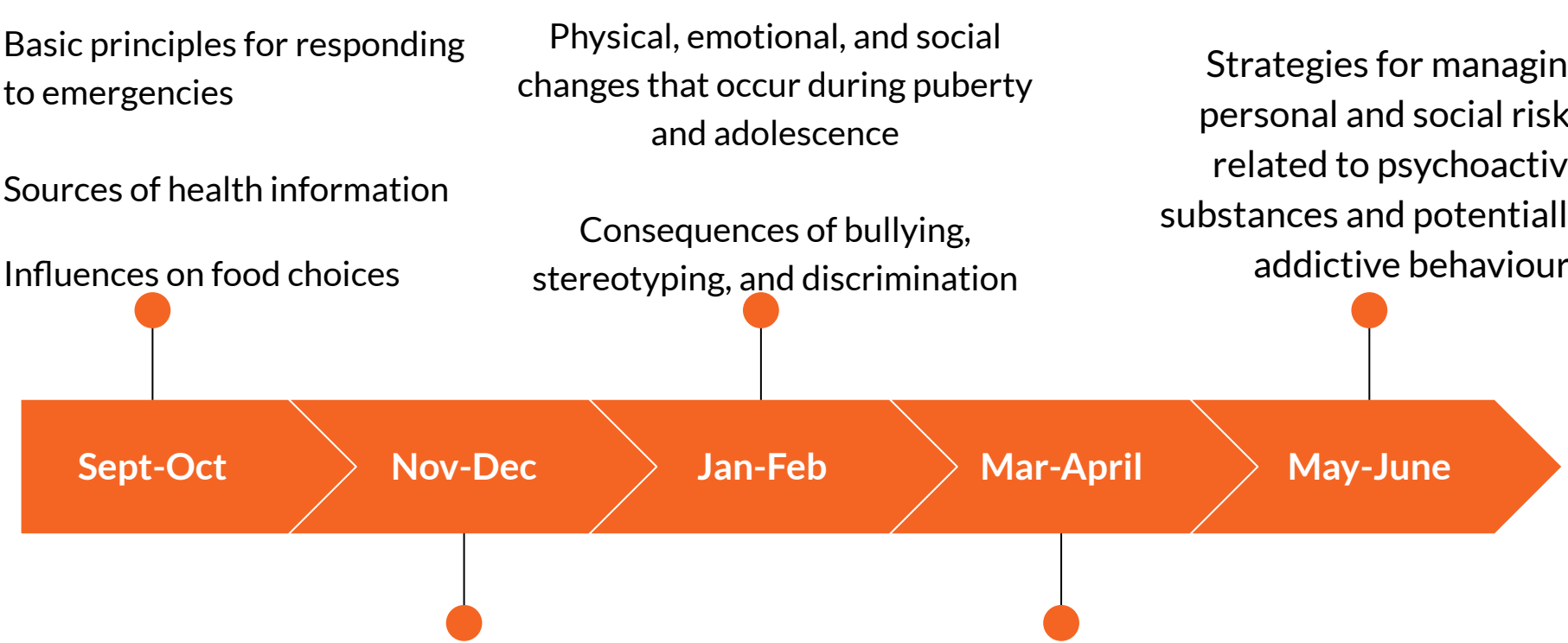
Grade 3


Strategies for responding to bullying, discrimination, and violence
Practices that promote health and well-being
Effects of psychoactive substance use
Factors that influence self identify, body image, and social media
Communicable / non communicable illnesses
Media messaging & body image
Sept-Oct
Nov-Dec
Jan-Feb
Mar-April
May-June
Strategies to use in potentially hazardous, unsafe or abusive situations
Positive relationships
Emotional, physical, social changes during puberty

Grade 4


Practices that promote health & well-being
Communicable / non communicable illnesses
Physical, emotional, and social changes that occur during puberty, including those involving sexuality and sexual identity, and changes to relationships
Factors influencing use of psychoactive substances, and potential harms
Sources of health information and support services
Sept-Oct
Nov-Dec
Jan-Feb
Mar-April
May-June
Positive relationships
Food choices to support active lifestyle and overall health
Strategies to protect themselves and others from potentially abusive, exploitation, and harm in a variety of setting

Grade 5


Basic principles for responding to emergencies
Sources of health information
Influences on food choices
Physical, emotional, and social changes that occur during puberty and adolescence
Consequences of bullying, stereotyping, and discrimination
Strategies for managing personal and social risks related to psychoactive substances and potentially addictive behaviours
Sept-Oct
Nov-Dec
Jan-Feb
Mar-April
May-June
Influences on individual identity, including sexual identity, gender, values, and beliefs
Healthy relationships
Strategies to protect themselves and others
Practices that reduce the risk of contracting sexually transmitted infections and life-threatening communicable diseases

Grade 6

Basic principles for responding to emergencies

Sources of health information

Factors that influence eating choices

Signs and symptoms of stress, anxiety, and depression

Consequences of bullying, stereotyping, and discrimination

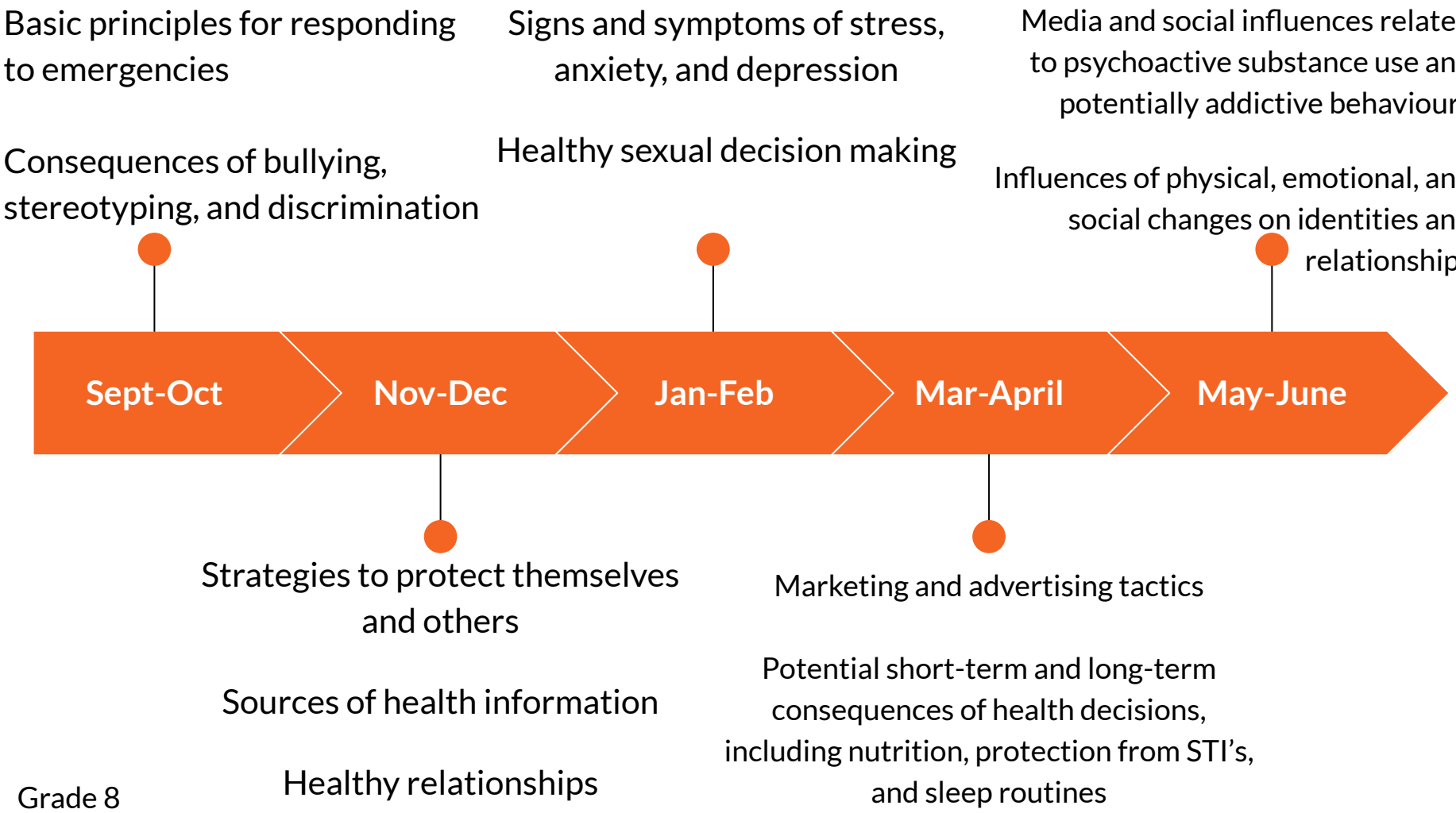
Influences of physical, emotional, and social changes on identities and relationships



Practices that reduce the risk of contracting sexually transmitted infections and life-threatening communicable diseases

Healthy relationships

Strategies to protect themselves and others


Basic principles for responding to emergencies
Consequences of bullying, stereotyping, and discrimination
Signs and symptoms of stress, anxiety, and depression
Healthy sexual decision making
Media and social influences related to psychoactive substance use and potentially addictive behaviours
Influences of physical, emotional, and social changes on identities and relationships
Sept-Oct
Nov-Dec
Jan-Feb
Mar-April
May-June
Strategies to protect themselves and others
Sources of health information
Healthy relationships
Marketing and advertising tactics
Potential short-term and long-term consequences of health decisions, including nutrition, protection from STI's, and sleep routines

Grade 8

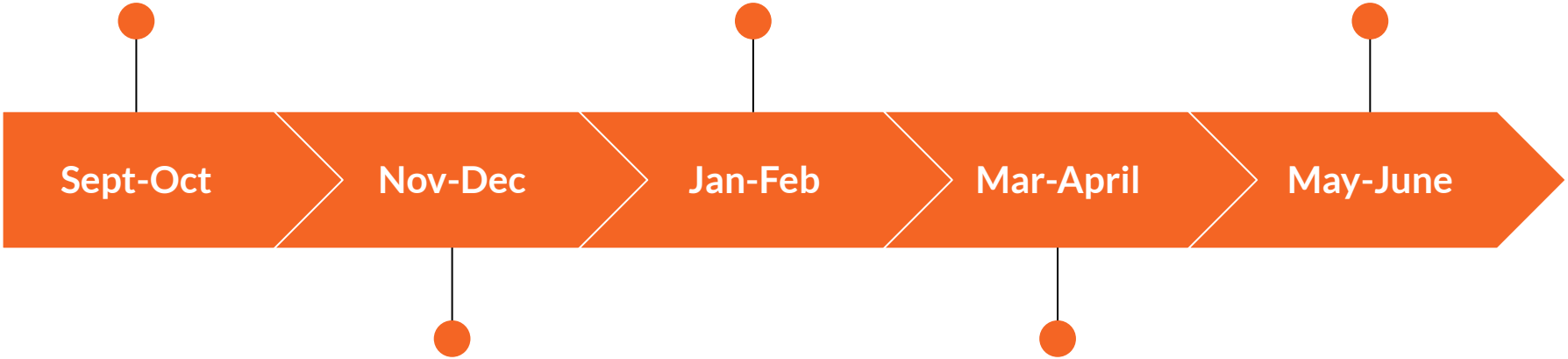
Basic principles for responding to emergencies

Sources of health information

Healthy sexual decision making

Strategies to protect themselves and others

Physical, emotional, and social aspects of psychoactive substance use and potentially addictive behaviours



Consequences of bullying, stereotyping, and discrimination

Signs and symptoms of stress, anxiety, and depression

Potential short-term and long-term consequences of health decisions, including nutrition, protection from STI's, and sleep routines

Influences of physical, emotional, and social changes on identities and relationships

Grade 9

Basic principles for responding to emergencies

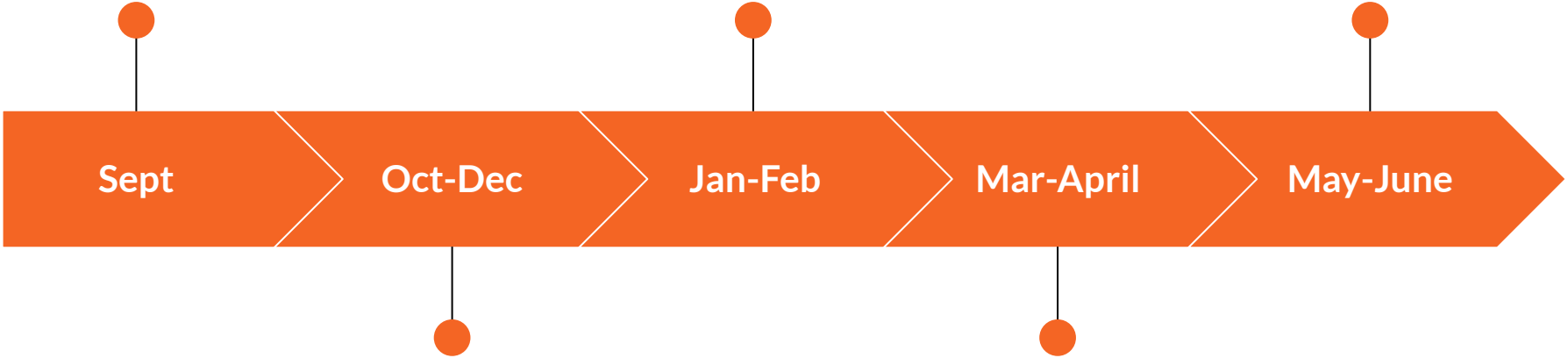
Sources of health information

Healthy sexual decision making

Strategies to protect themselves and others

Influences of physical, emotional, and social changes on identities and relationships

Strategies for goal setting & self-motivation



Potential short- and long-term consequences of health decisions, including those involving physical activity, healthy eating, sleep routines, and technology

Consequences of bullying, stereotyping, and discrimination

Signs and symptoms of stress, anxiety, and depression

Physical, emotional, and social aspects of psychoactive substance use and potentially addictive behaviours

Sept	Basic principles for responding to emergencies	Sources of health information	Goal setting & self-motivation (G10)	
Oct-Nov	Consequences of bullying, stereotyping, and discrimination	Signs and symptoms of stress, anxiety, and depression	Healthy sexual decision making	Strategies to protect themselves and others
Dec-Jan	Potential short-term and long-term consequences of health decisions… (G10 includes technology)	Physical, emotional, and social aspects of psychoactive substance use and potentially addictive behaviours	Influences of physical, emotional, and social changes on identities and relationships	
Feb-March	Goal setting & self-motivation (G10)	Potential short-term and long-term consequences of health decisions… (G10 includes technology)	Influences of physical, emotional, and social changes on identities and relationships	
April-May	Consequences of bullying, stereotyping, and discrimination	Signs and symptoms of stress, anxiety, and depression	Healthy sexual decision making	Strategies to protect themselves and others
June Grade 9/10	Basic principles for responding to emergencies	Sources of health information	Physical, emotional, and social aspects of psychoactive substance use and potentially addictive behaviours	

Sept	Basic principles for responding to emergencies	Sources of health information	Healthy relationships	Signs and symptoms of stress, anxiety, and depression
Oct-Nov	Consequences of bullying, stereotyping, and discrimination	Healthy sexual decision making		Strategies to protect themselves and others
Dec-Jan	Potential short-term and long-term consequences of health decisions…	Physical, emotional, and social aspects of psychoactive substance use and potentially addictive behaviours		Influences of physical, emotional, and social changes on identities and relationships
Feb-March	Basic principles for responding to emergencies	Sources of health information	Healthy relationships	Signs and symptoms of stress, anxiety, and depression
April-May	Consequences of bullying, stereotyping, and discrimination	Healthy sexual decision making		Strategies to protect themselves and others
June	Potential short-term and long-term consequences of health decisions…	Physical, emotional, and social aspects of psychoactive substance use and potentially addictive behaviours		Influences of physical, emotional, and social changes on identities and relationships

Grade 9

Sept	Basic principles for responding to emergencies	Sources of health information	Healthy relationships	Goal setting & self-motivation (G10)
Oct-Nov	Consequences of bullying, stereotyping, and discrimination	Signs and symptoms of stress, anxiety, and depression	Healthy sexual decision making	Strategies to protect themselves and others
Dec-Jan	Potential short-term and long-term consequences of health decisions… (includes technology)	Physical, emotional, and social aspects of psychoactive substance use and potentially addictive behaviours		Influences of physical, emotional, and social changes on identities and relationships

---

Feb-March	Basic principles for responding to emergencies	Sources of health information	Healthy relationships	Goal setting & self-motivation (G10)
April-May	Consequences of bullying, stereotyping, and discrimination	Signs and symptoms of stress, anxiety, and depression	Healthy sexual decision making	Strategies to protect themselves and others
June	Potential short-term and long-term consequences of health decisions… (includes technology)	Physical, emotional, and social aspects of psychoactive substance use and potentially addictive behaviours		Influences of physical, emotional, and social changes on identities and relationships

Grade 10