12th Grade Year at a Glance

Course Description: These quarter lessons offers a sequentially developed health curriculum focusing on age appropriate and skills necessary to maintain and improve over-all health well-being.

Overall Goals:

- To promote health and well-being of one's self and others through appreciation of positive personal and community health values and effective communication skills
- To enhance personal responsibility for reducing risky behaviors through the use of critical thinking skills
- To develop skills to inform use of health related information, products and services
- To build resiliency into the process of growth and development

Quarter 1	Quarter 2	Quarter 3	Quarter 4
Topic: Healthy Dating/Dating Violence	Topic: Stress Management	Topic: Motivation Digital Footprint	Topic: Self-Advocacy/Communication
Violence		Digital Footpillit	Skills
4R Plus Session 7:	4R Plus Session 13:	Common Sense Media	4R Plus Session 9:
Early Warning Signs of Dating	Emotional Health and Well Being	College Bound	Communication Skills
Violence	1. Watch: www.mytoolkit.ca	1. <u>Unit 3 – Lesson 5 (45</u>	1. Warm Up (5 minutes) –
 Clap Slap activity (5 	Mental Health A-Z (15	minutes): College Bound	p. 95
minutes) – p. 73	minutes) – p. 157	<u>w/Video</u>	2. Game – Recognizing
Review Dating Violence	a. The Good & Bad of		Communication
Facts & Statistics (Handout)	Stress	Supplemental: include any	Styles(15 minutes) –
Page (10 minutes) – pg. 77	b. Identifying Stress	lessons under Unit 3	p. 96
3. Video	c. How to Cope		3. Activity (10 minutes) -
https://www.youtube.com/	Choose from activities 1-7 (15		Practicing Assertive
watch?v=WLSPei0zSaw (5	minutes)		Communication:
minutes)			Verbal Response – p.
What is Your Relationship			98
Like? (10 minutes)			4. Group Sharing (5-10
discussion - p. 78			minutes) – p. 99
Resource List Available: Coming			
soon			