

Grade 10 to 12 PLO's Healthy Relationships

Prescribed Learning Outcomes in Planning 10 (PL), Graduation Transitions (GT), and Family Studies (FS)

The Healthy Living Performance Standards represent selected PLO's at these grade levels. For a complete list of PLO's go to [Planning 10](#), [Graduation Transitions](#), and [Family Studies](#).

Planning Ten

Healthy Relationships

C3 demonstrate an understanding of skills needed to build and maintain healthy relationships (e.g., effective communication, problem solving)

C4 analyse factors contributing to a safe and caring school (e.g., respect for diversity, prevention of harassment and intimidation)

Graduation Transitions

- developing a long-term personal healthy living plan appropriate to their lifestyle that describes
 - emotional health management (e.g., ways to manage stress)

Family Studies 10 through 12

Issues and Challenges of Adolescence

B20 describe changing relationships in adolescence

Lifestyle and Life Changes

C9 analyse the components of a healthy lifestyle for adults

Wellness and Safety in Interpersonal Relationships

Wellness

E17 describe components of a healthy relationship

E18 describe components of an unhealthy relationship

Safety

E19 demonstrate an understanding of how to stay safe in a variety of interpersonal relationships

E20 propose and evaluate actions that could be taken when relationships become unsafe