

Grade 4 – 6 Healthy Practices

Prescribed Learning Outcomes - Health and Career Education

The Healthy Living Performance Standards represent selected PLO's at these grade levels. For a complete list of PLO's please go to [Health and Career Education](#)

Grade Four

Goals and Decisions

A1 identify the steps in a decision-making model (e.g., identifying the decision, listing alternatives, selecting a course of action, assessing the results)

Healthy Living

C1 describe the choices an individual can make to attain and maintain physical and emotional health

(e.g., participating regularly in physical activity, developing healthy interpersonal relationships, trying new activities and challenges)

Safety and Injury Prevention

C7 identify common lures or tricks used by potential abusers, face-to-face or on the Internet (e.g., offering special attention or compliments, saying they know your parents, using the Internet to get to know you)

C8 identify strategies for avoiding abusive or potentially abusive situations (e.g., knowing how to seek help, being prepared for lures or tricks, travelling in groups, withholding personal information)

C9 describe the potential risks for injury in a variety of settings, including on the road

Substance Misuse Prevention

C10 describe possible negative effects of substance misuse (e.g., altered judgment, reduced ability to recognize potentially risky situations, negative impact on emotional and physical health)

C11 propose strategies for preventing or avoiding substance misuse (e.g., developing refusal skills, avoiding high-risk situations, accessing accurate information)

Grade Five

Goals and Decisions

A1 describe how various factors (e.g., access to accurate and relevant information, media and social influences) affect decision making

A2 demonstrate an understanding of the benefits of personal support networks (e.g., sources of accurate information and trusted guidance)

Healthy Living

C1 identify factors that influence attitudes and decisions regarding healthy lifestyles (e.g., family, peer, media)

C3 describe the physical, emotional, and social changes associated with puberty

C4 describe practices that help to prevent communicable diseases (e.g., washing hands frequently, covering mouth when coughing or sneezing, avoiding contact with the body fluids of others, getting adequate rest and nutrition) non-communicable diseases (e.g., regular physical activity, healthy eating, stress management)

Healthy Relationships

C6 analyse behaviours that contribute to a safe and caring school environment (e.g., taking responsibility for personal actions, supporting others, promoting respect for diversity)

Safety and Injury Prevention

C7 describe safety guidelines to protect themselves and others from abuse and exploitation (e.g., knowing their right not to be abused, being assertive, avoiding potentially unsafe situations, practising safe Internet use, recognizing tricks and lures used by predators)

C8 describe how to remove or reduce hazards and risks for injury in a variety of settings, including on the road

C9 demonstrate strategies for responding to social pressures that can contribute to risk taking (e.g., state an opinion assertively, make an excuse to leave)

Substance Misuse Prevention

C10 analyse factors that contribute to the use of alcohol, tobacco, and other drugs (e.g., social influences, curiosity, feeling alienated or awkward, stress, media, dealing with emotions such as sadness and grief)

Grade Six

Goals and Decisions

A1 describe planning techniques that can help to support goal attainment (e.g., time management, setting priorities, considering costs and resources)

A2 identify influences on goal setting and decision making, including family, peer, and media influences

Healthy Living

C1 describe the benefits of attaining and maintaining a balanced, healthy lifestyle, including the benefits of being physically active, healthy eating practice, an emotionally healthy lifestyle

C4 identify practices that reduce the risk of contracting life-threatening communicable diseases, including HIV, hepatitis B and C, and meningococcal C

Healthy Relationships

C5 assess the influence that peers have on individuals' attitudes and behaviour

C6 demonstrate an understanding of the harmful effects of stereotyping and discrimination

C7 identify school, local, provincial, national, and international strategies for preventing and responding to discrimination, stereotyping, and bullying

C8 apply appropriate strategies for responding to discrimination, stereotyping, and bullying

Safety and Injury Prevention

C9 identify sources of support for people in abusive or exploitative situations (e.g., trusted adult, school and community services)

C10 identify personal safety strategies to avoid abusive or exploitative situations on the Internet

C11 describe responsible safety behaviours on the road and in the community

Substance Misuse Prevention

C13 demonstrate appropriate skills related to the prevention of the use of tobacco, alcohol, or other drugs
(e.g., assertiveness, refusal skills, avoidance, choosing healthy alternatives)

C14 describe the potential consequences for themselves and others if they use tobacco, alcohol, or other drugs
(e.g., altered judgment and decision making, addiction, potential harm to fetus)