

# Health Unit 1: Wellness Choices

Making responsible and informed choices to maintain health and to promote safety for self and others.

## Students will be able to:

- I can explore the connections among physical activity, emotional wellness and social wellness.
- I can examine the impact of environmental factors on personal health, and develop positive environmental health habits (exposure to the sun, second hand smoke, noise, extreme cold/heat).
- I can describe physical, emotional and social changes that occur during puberty.
- I can examine the various factors that influence body image (culture, media, peers, role models, weight loss industry)
- I can analyze the need for variety and moderation in a balanced diet.
- I can examine and evaluate the health risks associated with smoking and various forms of tobacco.
- I can describe and demonstrate passive, aggressive and assertive behaviours.
- I can expand practices that provide safety for self and others.
- I can describe ways to respond appropriately to potentially dangerous situations related to environmental conditions.
- I can describe and demonstrate ways to assist with the safety of others.