

## Health Unit 2: Relationship Choices

Develop effective interpersonal skills that demonstrate responsibility, respect and caring in order to establish and maintain healthy interactions.

### Students will be able to:

- I can recognize that individuals can have a positive and negative influence on the feelings of others.
- I can identify and use short term strategies for managing feelings.
- I can recognize that the management of positive and negative stress can affect health.
- I can demonstrate respectful communication skills.
- I can identify changes that many occur in friendships and explore strategies to deal with changes.
- I can identify and describe ways to provide support to others.
- I can practice effective communication skills and behaviours to reduce escalation of conflict.
- I can describe and accept roles and responsibilities within a group.
- I can assess how to act as important role models for others.