

Mode de Vie Actif 7

Teacher: Mlle. MacAskill

2016-2017

The grade 7 Healthy Living curriculum offers opportunities for students to acquire the skills necessary to manage their health, develop and maintain healthy and positive relationships, and enhance health within their community. This is an important year for students to begin thinking critically about the choices they make through informed decisions.

We will not study these units in order. As part of the MDV curriculum, students will frequently be working in cooperative groups with their peers. Sections of some units may be addressed in a cross-curricular manner with other subject areas.

It is essential that all communication is in French; Toujours communiquer en français.

The curriculum includes these units:

Healthy Self

- **Values** (identify values, set personal goals, positive body image, educational plan, physical activity)
- **Relationships** (maintaining healthy relationships, strengths, weaknesses, gender differences)
- **Decision Making** (series of steps to make educated choices involving: sexual activity, drug use, gambling and relationships)
- **Mental Health** (Depression, ADHD, mental health support)

Healthy Relationships

- **Relationships** (non-violent, positive and negative interpersonal relationships)
- **Peer Influence** (positive and negative peer influence and acquire skills for resisting/asserting oneself in negative peer influence)
- **Contraception** (various methods and advantages/disadvantages of each method)

Healthy Community

- Respect for others, feedback and criticism, dating relationships, values and peer acceptance
- Social networking and online citizenship

Citizenship

- Community, volunteer service, global citizenship

Possible activities include:

- Diagrams
- Role Playing
- Story Writing
- Advertising
- Pamphlet creation
- Model/Poster making
- Small group discussion
- Class meetings
- Tests/ Quizzes
- Assignments

As some of the material in this course may be of a sensitive nature, please feel free to approach me if anything we are about to discuss may make you feel uncomfortable.