

# Mode de Vie Actif 9

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The grade 9 Healthy Living curriculum is made up of three major categories: Healthy Self; Healthy Relationships; and Healthy Community. The focus of the course is for students to take responsibility for their own healthy living successes. Some content topics will include acknowledging and maintaining a healthy self; understanding the importance of identifying and using effective communication; and identifying healthy strategies that could be then used in community settings.

I have grouped together the outcomes in a way in which I feel students will be engaged from Term 1 – and through to the end of the school year. 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 communique en français.

## Physical Health

- Managing Change
- Physical Activity and Body Image
- Healthy Eating Practices
- Community Health Services and Maintaining Sexual Health

## Impact of Substance Use and Gambling

- Concerns for Self and Others
- Negotiation, Assertiveness, and Refusal Skills
- Dangers and Emergency Situations
- Financial Impacts and Risks

## Mental Health

- Warning Signs
- Impact of Substance Abuse
- Stigma
- Unhealthy/ Healthy Relationships

## 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.