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| **HL 7 Outcomes** | **HL 8 Outcomes** |
| **Healthy Self**  · identify what they value and set personal goals that contribute to their health and value system  · demonstrate an understanding of the aesthetic and ability factors that can influence one's body image and how it can affect participation in physical activity  · demonstrate an understanding of the stages of pregnancy and prenatal development  · examine influences that impact ones’ decision-making abilities about alcohol use  · demonstrate an understanding of the risks associated with harmful gambling development, including signs of concern specific to youth  · differentiate between sexual orientation and gender identity  · identify ways of maintaining sexual health  · apply a series of decision-making steps to potential situations involving risk, including sexual decision-making  · recognize the relationship between general health and oral health  · differentiate between the warning of signs of major depressive disorder, anxiety disorder, attention deficit disorder, recognizing gender differences and the impact of delayed treatment  · demonstrate an understanding that mental health is an integral component of health, that there is no shame in expressing a need for mental health support, and to recognize people in their lives whom they can trust to help them  · identify personal level of activity as less or more prior to the present, analyze factors and set goals to increase or maintain physical activity level  · identify relationships between their strengths, skills, abilities, interests, and their educational plans  · select items for and maintain a LifeWork portfolio | 8.1 analyze the relationship between values and personal health practices  8.2 demonstrate an understanding of the short and long term outcomes of delayed treatments for major depressive disorder and attention deficit disorder and identify possible treatment for these disorders  8.3 evaluate time in their lives, and investigate ways to manage time  8.4 assess their strengths, skills, abilities, and interests in relation to employability skills  8.5 select items for and maintain a LifeWork Portfolio |
| · describe different types of interpersonal relationships, the importance of respectful and non-violent relationships and examine the positive and negative reasons for starting and ending relationships  · examine methods for contraception and the benefits/disadvantages of each method  · distinguish between positive and negative peer influence and acquire skills for resisting/asserting oneself in negative peer influence | 8.6 identify healthy and unhealthy relationships and demonstrate assertiveness skills to communicate thoughts and feelings within primary relationships  8.7 examine the role of bystander in cases where a peer/friend is experiencing emotional, physical, psychological harm and practise scenarios that show support and help  8.8 practise the ability to listen to a peer to understand another’s needs and circumstances, express understanding, and support them in getting help in relation to physical, mental, and social health concerns  8.9 recognize the signs of pregnancy and the importance of early prenatal care  8.10 evaluate the different options related to unintended pregnancy and explore the challenges related to each of these options, including the challenges of teen parenting |
| · provide leadership among peers and younger school-aged children on active transportation  · demonstrate an understanding that communities have resources that youth can access for help for a variety of health issues  · examine personal, social, and cultural sources of influences on substance use, gambling and non-use of substances, recognizing there is a continuum of use and potential harms from substance use  · analyze positive and negative outcomes of social networking and mobile devices  · research injuries most common among sport and recreation and identify strategies to protect themselves and others while involved in such experiences  · recognize the characteristics of supportive environments for healthy eating, environmental sustainability, physical activity, non use of tobacco in various places in the community  · examine opportunities for physical activity at school, home, and within their community. | 8.11 demonstrate an understanding that there are many factors that contribute to our health status  8.12 recognize misconceptions and realities with respect to sexual assault  8.13 assess the benefits and risks of online technology and make healthy and responsible decisions that reduce the risk of exploitation and victimization  8.14 examine the media portrayal of sexual orientation (ENGLISH)  8.15 critically analyze industry’s impact on body image and healthy eating (ENGLISH)  8.16 examine the impacts of substance use and gambling, both legally sanctioned and illegal activities have on communities  8.17 examine a sampling of physical activities, identify one and set personal goals related to including it as part of a weekly activity/experience  8.18 research statistics related to injury prevalence among children and youth, ages 4–14 in Nova Scotia, and present topics to peers and/or younger children/students in their school |