



Module 1: Understanding Mental Health

Conceptual Knowledge:

- Everyone has mental health
- Mental health is more than a positive mood (all emotions are part of mental health)
- It is important to use appropriate words to describe our emotions, to regulate and cope
- Mental health has a wide range of states, including no distress, mental distress (aka stress), mental health problems and mental disorders

Procedural Knowledge:

- To be able to define and describe mental health
- To apply appropriate words to describe different emotions, and their intensity
- To distinguish different states of mental health associated with different life events and situations

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GUIDING QUESTION
How can a variety of life experiences influence resilience and perseverance?

LEARNING OUTCOME
Students interpret how resilience and perseverance can be influenced by a variety of life experiences.

KNOWLEDGE	UNDERSTANDING	SKILLS & PROCEDURES
Individuals can seek out experiences based on their <ul style="list-style-type: none"> • interests • curiosity • personal enjoyment • ambitions Experiences can occur in a variety of contexts, including	Experiences can be individual or shared and can occur in a variety of contexts. Experiences can provide a sense of purpose and belonging.	Determine a variety of contexts in which experiences can be individual or shared. Investigate experiences in a variety of contexts.



Module 2: The Stigma of Mental/Neurodevelopmental Disorders

Conceptual Knowledge:

- Mental/neurodevelopmental disorders are common (1 in 5 of us will experience a disorder in our lifetime)
- Anyone can have a mental disorder
- Stigma involves negative thoughts, feelings and behaviours towards mental disorders and their treatments

Procedural Knowledge:

- Each person can be appreciated as a unique individual, instead of judged by a label
- By better understanding the stigma of mental disorders, we can reduce the impact

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LEARNING OUTCOME

Students reflect on resolution and explain connections to healthy relationships.

KNOWLEDGE

Conflict resolution can occur using a variety of strategies, such as

- creating a safe environment
- communicating respectfully
- negotiating and compromising
- reflecting on actions taken
- implementing appropriate solutions
- making repeated efforts to solve a problem

UNDERSTANDING

Resolution supports healthy relationships.

SKILLS & PROCEDURES

Describe strategies that can be used to support resolution to a problem, conflict, or challenge.



Module 3: Mental Health and the Brain

Conceptual Knowledge:

- Our thoughts, feelings, behaviours and reactions are linked with the brain
- The brain and the body are connected
- Mental health is a component of overall health
- The brain changes over time

Procedural Knowledge:

- Explain how the brain and body are connected
- Identify basic parts of the brain and their functions
- Describe ways that the brain adapts to the environment and changes over time

KNOWLEDGE

Intellectual development includes the critical and creative use of the mind to its fullest potential in areas, such as

- concentration
- perception
- problem solving
- memory

UNDERSTANDING

Intellectual development can enable individuals to think, reason, and organize ideas and thoughts to make informed decisions.

SKILLS & PROCEDURES

Describe changes related to intellectual development.



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 **GUIDING QUESTION**

How is change reflected through development?

 **LEARNING OUTCOME**

Students explore various areas of development.

 KNOWLEDGE	 UNDERSTANDING	 SKILLS & PROCEDURES
<p>Social-emotional changes include</p> <ul style="list-style-type: none"> • self-image • self-confidence • body image • emotions • relationships • social skills 	<p>Social-emotional factors influence positive mental health and well-being.</p>	<p>Describe changes related to social-emotional development.</p>



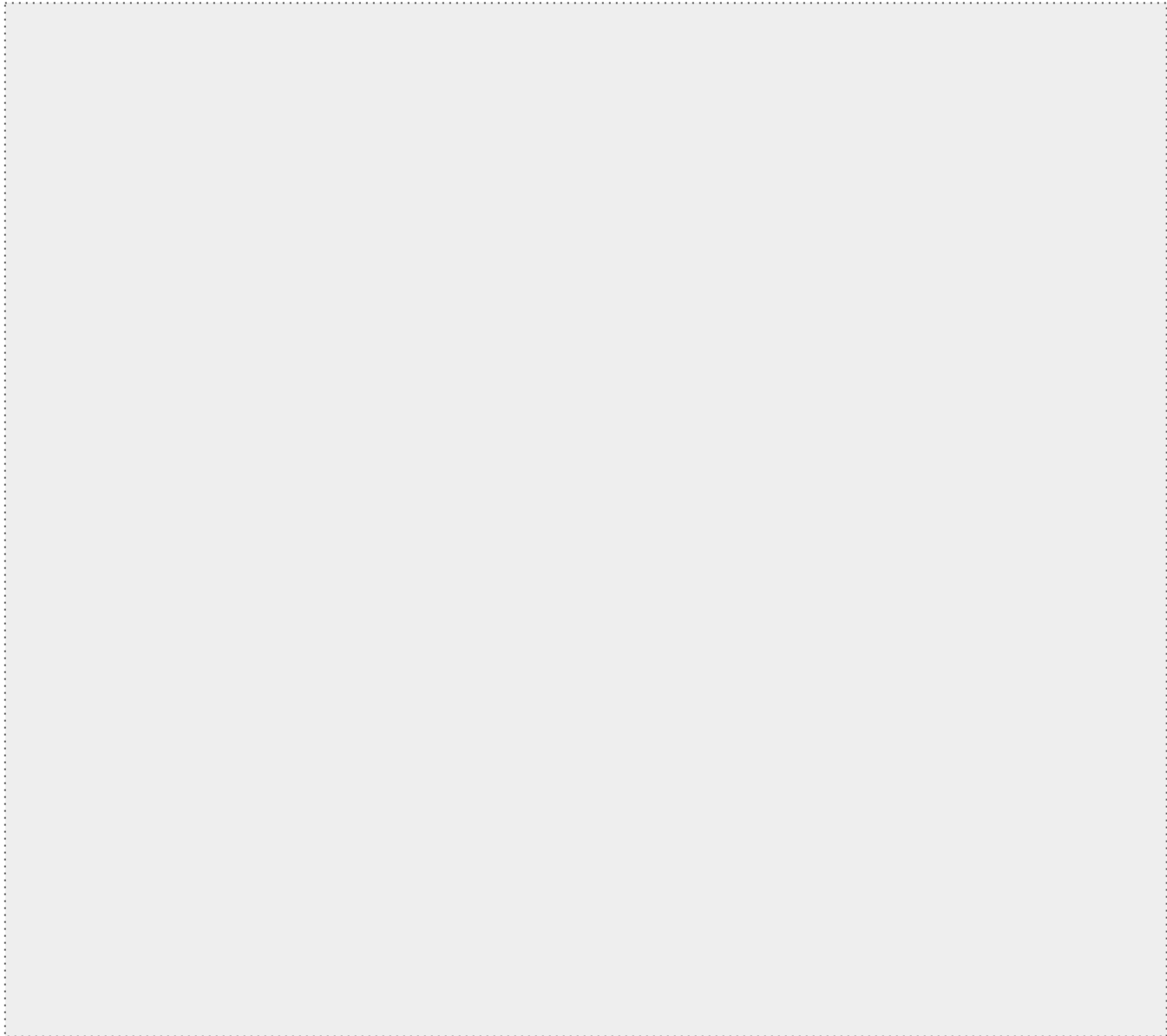
Module 4: Common Mental/Neurodevelopmental Disorders

Conceptual Knowledge:

- All mental disorders reflect difficulties in thoughts, emotions, behaviours and signalling
- The sooner people receive proper treatment and support, the better the outcomes

Procedural Knowledge:

- To distinguish between expected life challenges and mental / neurodevelopmental disorders
- To demonstrate an understanding of common mental / neurodevelopmental disorders affecting children
- To identify ways that people with mental disorders can live a fulfilling life with appropriate treatments





Module 5: Helping Self and Helping Others

Conceptual Knowledge:

- Everyone has mental health that can be supported and promoted
- There are many people who can provide support for mental health problems and mental disorders
- Getting help early for yourself and others increases positive mental health outcomes

Procedural Knowledge:

- To understand that mental health can be supported in various ways
- To learn to seek help from reliable sources when needed
- To know how to ask for help in an effective manner

KNOWLEDGE

Social development includes developing an awareness of a variety of social and cultural contexts.

Social development includes

- expanding social networks
- taking on new responsibilities
- embracing new challenges

UNDERSTANDING

Social development helps build and maintain positive relationships.

SKILLS & PROCEDURES

Consider how to interact and respond to others in a variety of contexts and situations.



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LEARNING OUTCOME
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KNOWLEDGE	UNDERSTANDING	SKILLS & PROCEDURES
<p>Conflict resolution can occur using a variety of strategies, such as</p> <ul style="list-style-type: none"> • creating a safe environment • communicating respectfully • negotiating and compromising • reflecting on actions taken • implementing appropriate solutions • making repeated efforts to solve a problem 	<p>Resolution supports healthy relationships.</p>	<p>Describe strategies that can be used to support resolution to a problem, conflict, or challenge.</p>






Module 6: Getting Mentally Healthy




Conceptual Knowledge:

- Coping with stress appropriately can help us build new skills and increase resilience
- The brain and body are connected
- What is good for physical health is good for mental health
- Positive lifestyle choices can enhance our mental health

Procedural Knowledge:

- To understand that we need some stress to perform well
- To learn that stress can be managed
- To recognize the brain-body connection related to the stress response
- To develop strategies to promote strong mental health

 KNOWLEDGE	 UNDERSTANDING	 SKILLS & PROCEDURES
<p>Perseverance is supported by</p> <ul style="list-style-type: none"> • goal setting • practice • determination • self-regulation • reflection 	<p>Perseverance is finding ways to continue to improve skills and stay motivated during difficult situations.</p>	<p>Examine the connection between perseverance and personal growth and learning.</p> <p>Explain how perseverance affects skill development and motivation.</p>
<p>Reflection and feedback on success and failure provide opportunities for personal growth and learning.</p>		

 KNOWLEDGE	 UNDERSTANDING	 SKILLS & PROCEDURES
<p>Perseverance involves effort, courage, commitment, and belief in one’s abilities to be successful.</p>	<p>Perseverance is continuing with a difficult task for a short or long period of time.</p>	<p>Examine how challenging situations can involve perseverance.</p>
<p>Personal success is unique to each person.</p>	<p>Perseverance can enable an individual to succeed despite obstacles.</p>	



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ORGANIZING IDEA
Healthy Eating: A lifetime of optimal well-being and physical wellness is supported by priorit

GUIDING QUESTION
How can nutrition influence health?

LEARNING OUTCOME
Students examine nutrition and explain how it informs decision making about food.

<p> KNOWLEDGE</p> <p>Nutrients provided by foods include</p> <ul style="list-style-type: none"> • fats • proteins • carbohydrates • water 	<p> UNDERSTANDING</p> <p>A variety of foods are required to provide different nutrients for body functions and well-being.</p>	<p> SKILLS & PROCEDURES</p> <p>Explain the effect of nutrition on well-being.</p> <p></p>
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