



## 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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 KNOWLEDGE	 UNDERSTANDING	 SKILLS & PROCEDURES
<p>Maturation can be supported through decision making related to personal and environmental factors, such as</p> <ul style="list-style-type: none"> <li>• stress reduction</li> <li>• mental health</li> <li>• body image</li> <li>• immunization</li> <li>• daily physical activity</li> <li>• substance use</li> <li>• rest and sleep</li> <li>• nutrition</li> </ul>	<p>Maturation can be supported through various personal and environmental factors.</p>	<p>Identify personal and environmental factors that can influence well-being and maturation during adolescence.</p> <p>Connect personal and environmental factors to decision making during adolescence.</p>



# 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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<b>KNOWLEDGE</b> Perspectives of others within relationships should be clarified rather than assumed.  Consideration of perspectives includes recognizing and appreciating the points of view of others.  Empathy involves trying to understand or share the feelings of another person.	<b>UNDERSTANDING</b> Healthy relationships require consideration for different opinions, thoughts, feelings, beliefs, and needs.	<b>SKILLS &amp; PROCEDURES</b> Consider ways in which diverse perspectives align or differ.  Identify how the consideration of others' perspectives contributes to empathy.
<b>KNOWLEDGE</b> Recognition and appreciation of social and cultural perspectives can contribute to acceptance, inclusion, and the common good.	<b>UNDERSTANDING</b> Perspectives can contribute to a sense of belonging and interconnectedness.	<b>SKILLS &amp; PROCEDURES</b> Examine the connections between perspectives and social and emotional well-being.
<b>KNOWLEDGE</b> Empathy can be improved through <ul style="list-style-type: none"><li>• role modelling</li><li>• practice</li><li>• reflection</li></ul>	<b>UNDERSTANDING</b> Development of empathy can reduce bullying behaviours.	<b>SKILLS &amp; PROCEDURES</b> Examine how empathy toward others with different perspectives supports healthy relationships.

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## 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

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**ORGANIZING IDEA**  
Growth and Development: Decision making that optimizes personal health and well-being is informed by understanding growth and development.

**GUIDING QUESTION**  
How can decision making support change during maturation?

**LEARNING OUTCOME**  
Students examine physical, social, personal, and environmental factors connected to maturation during adolescence.

<b>KNOWLEDGE</b>	<b>UNDERSTANDING</b>	<b>SKILLS &amp; PROCEDURES</b>
An individual can experience social changes during maturation, such as <ul style="list-style-type: none"> <li>• curiosity in trying new things</li> <li>• increased importance of peers</li> <li>• changes in self-knowledge and self-image</li> <li>• language an individual uses to describe themselves</li> <li>• increased expectation of responsibility</li> </ul>	Knowledge and awareness of changes that can occur during maturation support holistic well-being.  Maturation can result in an individual's increase in ability, adaptability, and capacity in a variety of contexts.	Consider the impact of physical, cognitive, emotional, and social changes during maturation in adolescence.

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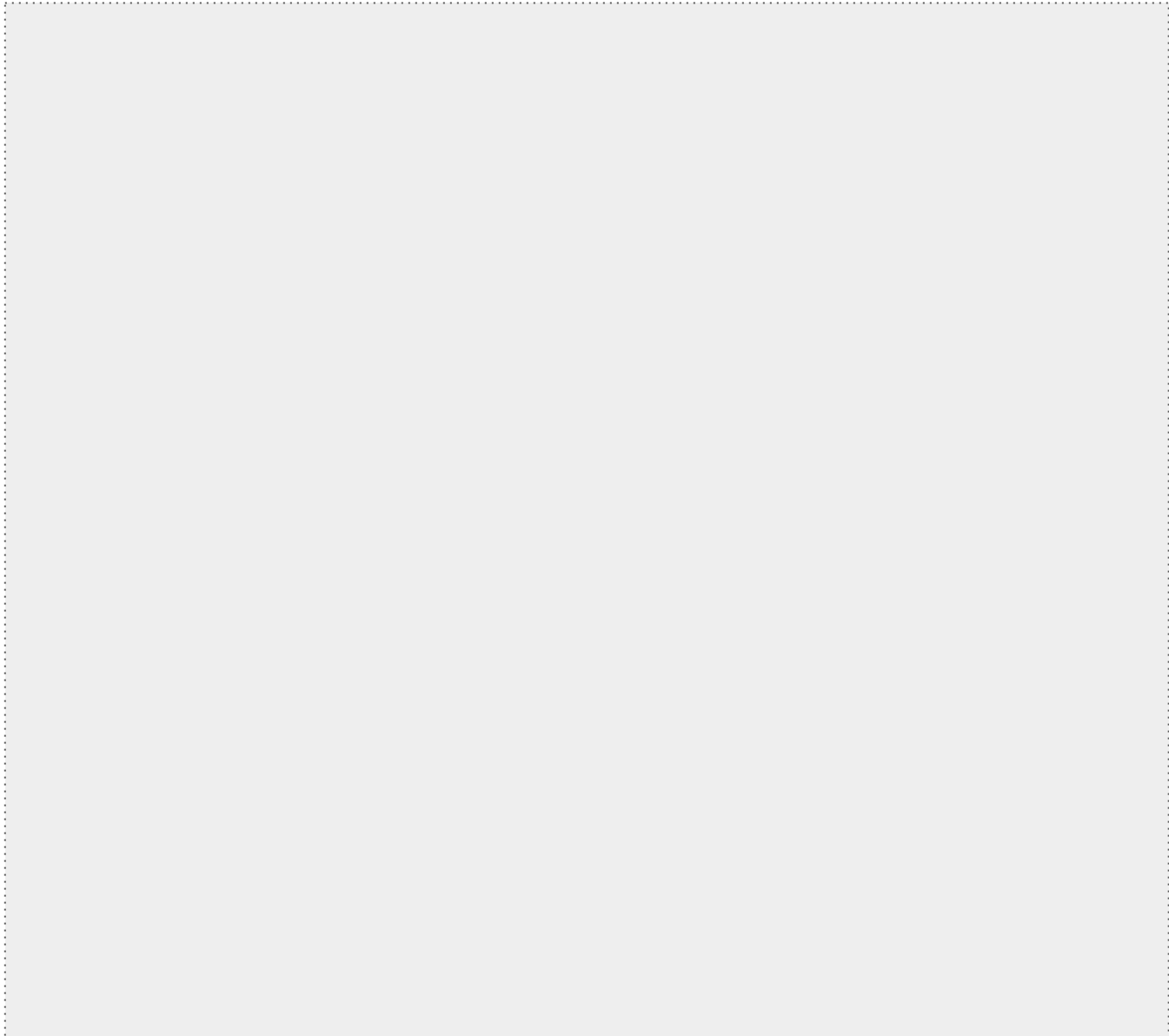
## Module 4: Common Mental/Neurodevelopmental Disorders

### 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

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Healthy Relationships: Personal well-being is supported through positive relationships built on communication, collaboration, empathy, and respect.

**GUIDING QUESTION**  
How can perspectives influence healthy relationships?

**LEARNING OUTCOME**  
Students consider and describe a variety of perspectives that support the development of healthy relationships.

<b>KNOWLEDGE</b>	<b>UNDERSTANDING</b>	<b>SKILLS &amp; PROCEDURES</b>
Positive social behaviours include <ul style="list-style-type: none"> <li>respecting others</li> <li>helping others</li> <li>being honest</li> <li>acknowledging diversity</li> </ul>	Healthy relationships and pro-social behaviours can be enhanced by considering the perspectives of others	Demonstrate positive social behaviours to develop and maintain healthy relationships.

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KNOWLEDGE	UNDERSTANDING	SKILLS & PROCEDURES
<p>Motivation can lead to commitment, personal development, and increased levels of engagement.</p> <p>Motivation can be supported by members of the community, such as</p> <ul style="list-style-type: none"> <li>parents and caregivers</li> <li>community organizations</li> <li>teachers and coaches</li> <li>spiritual leaders</li> <li>Elders</li> <li>Knowledge Keepers</li> </ul>	<p>Active living in the community occurs when individuals are encouraged and supported.</p>	<p>Describe personal and community supports associated with motivation for active living.</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

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<p> <b>KNOWLEDGE</b></p> <p>Learning can occur through challenging and adverse experiences.</p> <p>Involvement in a variety of activities can provide opportunities for personal development.</p>	<p> <b>UNDERSTANDING</b></p> <p>Personal potential develops over time and can evolve from experiences.</p> <p>Learning is a lifelong process.</p>	<p> <b>SKILLS &amp; PROCEDURES</b></p> <p>Examine changes in personal interests, strengths, and skills.</p> <p>Reflect on personal skills and interests for continued development and growth.</p>
<p> <b>KNOWLEDGE</b></p> <p>Strategies for learning and personal development include</p> <ul style="list-style-type: none"> <li>• managing time</li> <li>• prioritizing tasks</li> <li>• clarifying expectations</li> <li>• asking questions</li> <li>• reflecting</li> <li>• establishing routines</li> </ul>	<p> <b>UNDERSTANDING</b></p> <p>Individuals can apply a variety of strategies to maximize learning potential and support personal development.</p>	<p> <b>SKILLS &amp; PROCEDURES</b></p> <p>Develop and apply personal strategies to support learning and development.</p>

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<p> <b>KNOWLEDGE</b></p> <p>Goal-achievement strategies that can build hope include</p> <ul style="list-style-type: none"> <li>• listing personal priorities</li> <li>• setting specific goals</li> <li>• organizing goals into small steps</li> <li>• developing creative ways to overcome obstacles</li> </ul>	<p> <b>UNDERSTANDING</b></p> <p>Hope can be cultivated through applying strategies to achieve goals.</p>	<p> <b>SKILLS &amp; PROCEDURES</b></p> <p>Relate strategies to achieving goals in a variety of contexts.</p>
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<b>KNOWLEDGE</b> Discipline includes taking proactive steps to improve well-being and responding positively to successes and challenges.	<b>UNDERSTANDING</b> Discipline encourages a positive future and an inclination to expect favourable life outcomes.	<b>SKILLS &amp; PROCEDURES</b> Identify experiences in which discipline can have a positive effect on well-being.
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<b>KNOWLEDGE</b> Exposure to a variety of volunteerism experiences provides options when making decisions about life and career opportunities.	<b>UNDERSTANDING</b> Volunteerism provides possibilities for social connectedness.	<b>SKILLS &amp; PROCEDURES</b> Discuss the effects of volunteerism on self and the community.  Plan for potential volunteerism opportunities in the school and community.
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<b>ORGANIZING IDEA</b> Healthy Eating: A lifetime of optimal well-being and physical wellness is supported by prioritizing nutrition and healthy eating.
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**ORGANIZING IDEA**  
Active Living: Developing physical literacy through movement and active living supports well-being across a lifespan.

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**LEARNING OUTCOME**  
Students analyze motivation and its relationship to personal development and active living.

KNOWLEDGE	UNDERSTANDING	SKILLS & PROCEDURES
<p>Motivation is supported by setting goals and monitoring progress toward those goals.</p> <p>Training principles include</p> <ul style="list-style-type: none"> <li>• frequency</li> <li>• intensity</li> <li>• time</li> <li>• type</li> </ul> <p>Frequency is how often an individual is engaged in physical activity.</p>	<p>Motivation in physical activity can support different training principles.</p> <p>Motivation can support individual physical activity routines to improve well-being.</p>	<p>Connect daily routines and planned physical activities with active living goals.</p> <p>Examine how training principles can contribute to active living.</p> <p>Participate in a variety of moderate-to-vigorous physical activities that support training principles.</p>

