

	<b>D.A.R.E.</b>	<b>LION'S QUEST</b>	<b>BOTVIN LIFESKILLS</b>
<b>OVERVIEW OF PROGRAM CORE COMPETENCIES</b>	<ul style="list-style-type: none"> <li>• Self-awareness and management</li> <li>• Responsible decision making</li> <li>• Understanding others</li> <li>• Relationship and communication skills</li> <li>• Handling responsibilities and challenges</li> </ul>	<ul style="list-style-type: none"> <li>• Ethical Responsibility</li> <li>• Problem Identification</li> <li>• Situation Analysis</li> <li>• Problem Solving</li> </ul>	<ul style="list-style-type: none"> <li>• Drug Resistance Skills</li> <li>• Personal Self-Management Skills</li> <li>• General Social Skills</li> </ul>

<b>OVERVIEW OF BC SCHOOL CURRICULUM CORE COMPETENCIES</b>	<b>Communication</b>	<b>Thinking</b>	<b>Personal and Social</b>
	The communication competency encompasses the set of abilities that students use to impart and exchange information, experiences and ideas, to explore the world around them, and to understand and effectively engage in the use of digital media.	The thinking competency encompasses the knowledge, skills and processes we associate with intellectual development. It is through their competency as thinkers that students take subject-specific concepts and content and transform them into a new understanding. Thinking competence includes specific thinking skills as well as habits of mind, and metacognitive awareness.	Personal and social competency is the set of abilities that relate to students' identity in the world, both as individuals and as members of their community and society. Personal and social competency encompasses the abilities students need to thrive as individuals, to understand and care about themselves and others, and to find and achieve their purposes in the world.

### Application to BC School Curriculum K-12

<b>Kindergarten</b>			
Healthy and active living	YES	YES	YES
<b>Identify opportunities to make choices that contribute to health and well-being</b>	<ul style="list-style-type: none"> <li>• Self-awareness and management</li> <li>• Responsible decision making</li> <li>• Understanding others</li> <li>• Relationship and</li> </ul>	<ul style="list-style-type: none"> <li>• Ethical Responsibility</li> <li>• Problem Identification</li> <li>• Situation Analysis</li> <li>• Problem Solving</li> </ul>	<ul style="list-style-type: none"> <li>• Drug Resistance Skills</li> <li>• Personal Self-Management Skills</li> <li>• General Social Skills</li> </ul>
<b>Identify sources of health information</b>			

	<ul style="list-style-type: none"> <li>communication skills</li> <li>Handling responsibilities and challenges</li> </ul>		
<p>Social &amp; community health</p> <p><b>Identify and describe a variety of unsafe and/or uncomfortable situations</b></p> <p><b>Develop and demonstrate respectful behaviour when participating in activities with others</b></p> <p><b>Identify caring behaviours among classmates and within families</b></p>	<p>YES</p> <ul style="list-style-type: none"> <li>Self-awareness and management</li> <li>Responsible decision making</li> <li>Understanding others</li> <li>Relationship and communication skills</li> <li>Handling responsibilities and challenges</li> </ul>	<p>YES</p> <ul style="list-style-type: none"> <li>Ethical Responsibility</li> <li>Problem Identification</li> <li>Situation Analysis</li> <li>Problem Solving</li> </ul>	<p>YES</p> <ul style="list-style-type: none"> <li>Drug Resistance Skills</li> <li>Personal Self-Management Skills</li> <li>General Social Skills</li> </ul>
<p>Mental well-being</p> <p><b>Identify and describe practices that promote mental well-being</b></p> <p><b>Identify and describe feelings and worries</b></p> <p><b>Identify personal skills, interests, and preferences</b></p>	<p>YES</p> <ul style="list-style-type: none"> <li>Self-awareness and management</li> <li>Responsible decision making</li> <li>Understanding others</li> <li>Relationship and communication skills</li> <li>Handling responsibilities and challenges</li> </ul>	<p>YES</p> <ul style="list-style-type: none"> <li>Ethical Responsibility</li> <li>Problem Identification</li> <li>Situation Analysis</li> <li>Problem Solving</li> </ul>	<p>YES</p> <ul style="list-style-type: none"> <li>Drug Resistance Skills</li> <li>Personal Self-Management Skills</li> <li>General Social Skills</li> </ul>
COMMUNICATION	✓	✓	✓
THINKING	✓	✓	✓
PERSONAL AND SOCIAL	✓	✓	✓
<b>Grade 1</b>			
<p>Healthy and active living</p> <p><b>Identify opportunities to make choices that contribute to health and well-being</b></p> <p><b>Recognize basic health information</b></p>	<p>YES</p> <ul style="list-style-type: none"> <li>Self-awareness and management</li> <li>Responsible decision making</li> <li>Understanding others</li> <li>Relationship and</li> </ul>	<p>YES</p> <ul style="list-style-type: none"> <li>Ethical Responsibility</li> <li>Problem Identification</li> <li>Situation Analysis</li> <li>Problem Solving</li> </ul>	<p>YES</p> <ul style="list-style-type: none"> <li>Drug Resistance Skills</li> <li>Personal Self-Management Skills</li> <li>General Social Skills</li> </ul>

<b>from a variety of sources</b>	<i>communication skills</i> • <i>Handling responsibilities and challenges</i>		
Social & community health  <b>Describe ways to prevent and respond to a variety of unsafe and or uncomfortable situations</b>  <b>Develop and demonstrate respectful behaviour when participating in activities with others</b>  <b>Identify caring behaviours among classmates and within families</b>	YES  • <i>Self-awareness and management</i> • <i>Responsible decision making</i> • <i>Understanding others</i> • <i>Relationship and communication skills</i> • <i>Handling responsibilities and challenges</i>	YES  • <i>Ethical Responsibility</i> • <i>Problem Identification</i> • <i>Situation Analysis</i> • <i>Problem Solving</i>	YES  • <i>Drug Resistance Skills</i> • <i>Personal Self-Management Skills</i> • <i>General Social Skills</i>
Mental well-being  <b>Identify and describe practices that promote mental well-being</b>  <b>Identify and describe feelings and worries</b>  <b>Identify personal skills, interests, and preferences</b>	YES  • <i>Self-awareness and management</i> • <i>Responsible decision making</i> • <i>Understanding others</i> • <i>Relationship and communication skills</i> • <i>Handling responsibilities and challenges</i>	YES  • <i>Ethical Responsibility</i> • <i>Problem Identification</i> • <i>Situation Analysis</i> • <i>Problem Solving</i>	YES  • <i>Drug Resistance Skills</i> • <i>Personal Self-Management Skills</i> • <i>General Social Skills</i>
COMMUNICATION	✓	✓	✓
THINKING	✓	✓	✓
PERSONAL AND SOCIAL	✓	✓	✓
<b>Grade 2</b>			
Healthy and active living  <b>Describe ways to access information on and support services for a variety of health topics</b>	YES  • <i>Self-awareness and management</i> • <i>Responsible decision making</i> • <i>Understanding others</i> • <i>Relationship and</i>	YES  • <i>Ethical Responsibility</i> • <i>Problem Identification</i> • <i>Situation Analysis</i> • <i>Problem Solving</i>	YES  • <i>Drug Resistance Skills</i> • <i>Personal Self-Management Skills</i> • <i>General Social Skills</i>

<b>Explore and describe components of healthy living</b>	<ul style="list-style-type: none"> <li><i>communication skills</i></li> <li><i>Handling responsibilities and challenges</i></li> </ul>		
<p>Social and community health</p> <p><b>Identify and describe avoidance or assertiveness strategies to use in unsafe and/or uncomfortable situations</b></p> <p><b>Develop and demonstrate respectful behaviour when participating in activities with others</b></p> <p><b>Identify and describe characteristics of positive relationships</b></p>	<p>YES</p> <ul style="list-style-type: none"> <li><i>Self-awareness and management</i></li> <li><i>Responsible decision making</i></li> <li><i>Understanding others</i></li> <li><i>Relationship and communication skills</i></li> <li><i>Handling responsibilities and challenges</i></li> </ul>	<p>YES</p> <ul style="list-style-type: none"> <li><i>Ethical Responsibility</i></li> <li><i>Problem Identification</i></li> <li><i>Situation Analysis</i></li> <li><i>Problem Solving</i></li> </ul>	<p>YES</p> <ul style="list-style-type: none"> <li><i>Drug Resistance Skills</i></li> <li><i>Personal Self-Management Skills</i></li> <li><i>General Social Skills</i></li> </ul>
<p>Mental well-being</p> <p><b>Identify and apply strategies that promote mental well-being</b></p> <p><b>Identify and describe feelings and worries, and strategies for dealing with them</b></p> <p><b>Identify personal skills, interests, and preferences and describe how they influence self-identity</b></p>	<p>YES</p> <ul style="list-style-type: none"> <li><i>Self-awareness and management</i></li> <li><i>Responsible decision making</i></li> <li><i>Understanding others</i></li> <li><i>Relationship and communication skills</i></li> <li><i>Handling responsibilities and challenges</i></li> </ul>	<p>YES</p> <ul style="list-style-type: none"> <li><i>Ethical Responsibility</i></li> <li><i>Problem Identification</i></li> <li><i>Situation Analysis</i></li> <li><i>Problem Solving</i></li> </ul>	<p>YES</p> <ul style="list-style-type: none"> <li><i>Drug Resistance Skills</i></li> <li><i>Personal Self-Management Skills</i></li> <li><i>General Social Skills</i></li> </ul>
COMMUNICATION	✓	✓	✓
THINKING	✓	✓	✓
PERSONAL AND SOCIAL	✓	✓	✓
<b>Grade 3</b>			
<p>Healthy and active living</p> <p><b>Describe ways to access</b></p>	<p>YES</p> <ul style="list-style-type: none"> <li><i>Self-awareness and</i></li> </ul>	<p>YES</p> <ul style="list-style-type: none"> <li><i>Ethical Responsibility</i></li> </ul>	<p>YES</p> <ul style="list-style-type: none"> <li><i>Drug Resistance Skills</i></li> </ul>

<p><b>information on and support services for a variety of health topics</b></p> <p><b>Explore and describe strategies for pursuing personal healthy-living goals</b></p>	<p><i>management</i></p> <ul style="list-style-type: none"> <li>• <i>Responsible decision making</i></li> <li>• <i>Understanding others</i></li> <li>• <i>Relationship and communication skills</i></li> <li>• <i>Handling responsibilities and challenges</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Problem Identification</i></li> <li>• <i>Situation Analysis</i></li> <li>• <i>Problem Solving</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Personal Self-Management Skills</i></li> <li>• <i>General Social Skills</i></li> </ul>
<p>Social &amp; community health</p> <p><b>Identify and describe avoidance or assertiveness strategies to use in unsafe and/or uncomfortable situations</b></p> <p><b>Describe and apply strategies for developing and maintaining positive relationships</b></p> <p><b>Explain how participation in outdoor activities supports connections with the community and environment</b></p>	<p>YES</p> <ul style="list-style-type: none"> <li>• <i>Self-awareness and management</i></li> <li>• <i>Responsible decision making</i></li> <li>• <i>Understanding others</i></li> <li>• <i>Relationship and communication skills</i></li> <li>• <i>Handling responsibilities and challenges</i></li> </ul>	<p>YES</p> <ul style="list-style-type: none"> <li>• <i>Ethical Responsibility</i></li> <li>• <i>Problem Identification</i></li> <li>• <i>Situation Analysis</i></li> <li>• <i>Problem Solving</i></li> </ul>	<p>YES</p> <ul style="list-style-type: none"> <li>• <i>Drug Resistance Skills</i></li> <li>• <i>Personal Self-Management Skills</i></li> <li>• <i>General Social Skills</i></li> </ul>
<p>Mental well-being</p> <p><b>Identify and apply strategies that promote mental well-being</b></p> <p><b>Describe physical, emotional, and social changes as students grow older</b></p> <p><b>Describe factors that influence mental well-being and self-identity</b></p>	<p>YES</p> <ul style="list-style-type: none"> <li>• <i>Self-awareness and management</i></li> <li>• <i>Responsible decision making</i></li> <li>• <i>Understanding others</i></li> <li>• <i>Relationship and communication skills</i></li> <li>• <i>Handling responsibilities and challenges</i></li> </ul>	<p>YES</p> <ul style="list-style-type: none"> <li>• <i>Ethical Responsibility</i></li> <li>• <i>Problem Identification</i></li> <li>• <i>Situation Analysis</i></li> <li>• <i>Problem Solving</i></li> </ul>	<p>YES</p> <ul style="list-style-type: none"> <li>• <i>Drug Resistance Skills</i></li> <li>• <i>Personal Self-Management Skills</i></li> <li>• <i>General Social Skills</i></li> </ul>
COMMUNICATION	✓	✓	✓
THINKING	✓	✓	✓
PERSONAL AND SOCIAL	✓	✓	✓

## Grade 4

<p>Healthy and active living</p> <p><b>Identify and describe factors that influence healthy choices</b></p> <p><b>Examine and explain how health messages can influence behaviours and decisions</b></p> <p><b>Identify and apply strategies for pursuing personal healthy-living goals</b></p>	<p>YES</p> <ul style="list-style-type: none"> <li>• <i>Self-awareness and management</i></li> <li>• <i>Responsible decision making</i></li> <li>• <i>Understanding others</i></li> <li>• <i>Relationship and communication skills</i></li> <li>• <i>Handling responsibilities and challenges</i></li> </ul>	<p>YES</p> <ul style="list-style-type: none"> <li>• <i>Ethical Responsibility</i></li> <li>• <i>Problem Identification</i></li> <li>• <i>Situation Analysis</i></li> <li>• <i>Problem Solving</i></li> </ul>	<p>YES</p> <ul style="list-style-type: none"> <li>• <i>Drug Resistance Skills</i></li> <li>• <i>Personal Self-Management Skills</i></li> <li>• <i>General Social Skills</i></li> </ul>
<p>Social and community health</p> <p><b>Identify and describe avoidance or assertiveness strategies to use in unsafe and/or uncomfortable situations</b></p> <p><b>Describe and assess strategies for responding to discrimination, stereotyping, and bullying</b></p> <p><b>Describe and apply strategies for developing and maintaining positive relationships</b>  <b>Describe and apply strategies that promote a safe and caring environment</b></p>	<p>YES</p> <ul style="list-style-type: none"> <li>• <i>Self-awareness and management</i></li> <li>• <i>Responsible decision making</i></li> <li>• <i>Understanding others</i></li> <li>• <i>Relationship and communication skills</i></li> <li>• <i>Handling responsibilities and challenges</i></li> </ul>	<p>YES</p> <ul style="list-style-type: none"> <li>• <i>Ethical Responsibility</i></li> <li>• <i>Problem Identification</i></li> <li>• <i>Situation Analysis</i></li> <li>• <i>Problem Solving</i></li> </ul>	<p>YES</p> <ul style="list-style-type: none"> <li>• <i>Drug Resistance Skills</i></li> <li>• <i>Personal Self-Management Skills</i></li> <li>• <i>General Social Skills</i></li> </ul>
<p>Mental well-being</p> <p><b>Describe and assess strategies for promoting mental well-being</b>  <b>Describe and assess strategies for managing problems related to mental well-being and substance use</b></p>	<p>YES</p> <ul style="list-style-type: none"> <li>• <i>Self-awareness and management</i></li> <li>• <i>Responsible decision making</i></li> <li>• <i>Understanding others</i></li> <li>• <i>Relationship and communication skills</i></li> </ul>	<p>YES</p> <ul style="list-style-type: none"> <li>• <i>Ethical Responsibility</i></li> <li>• <i>Problem Identification</i></li> <li>• <i>Situation Analysis</i></li> <li>• <i>Problem Solving</i></li> </ul>	<p>YES</p> <ul style="list-style-type: none"> <li>• <i>Drug Resistance Skills</i></li> <li>• <i>Personal Self-Management Skills</i></li> <li>• <i>General Social Skills</i></li> </ul>

<p>Explore and describe strategies for managing physical, emotional, and social changes during puberty</p> <p>Describe factors that positively influence mental well-being and self-identity</p>	<ul style="list-style-type: none"> <li>• <i>Handling responsibilities and challenges</i></li> </ul>		
COMMUNICATION	✓	✓	✓
THINKING	✓	✓	✓
PERSONAL AND SOCIAL	✓	✓	✓

### Grade 5

<p>Healthy and active living</p> <p>Analyze and describe the connections between eating, physical activity, and mental well-being</p> <p>Describe the impacts of personal choices on health and well-being</p> <p>Describe strategies for communicating medical concerns and getting help with health issues</p> <p>Identify, apply, and reflect on strategies used to pursue personal healthy-living goals</p>	<p>YES</p> <ul style="list-style-type: none"> <li>• <i>Self-awareness and management</i></li> <li>• <i>Responsible decision making</i></li> <li>• <i>Understanding others</i></li> <li>• <i>Relationship and communication skills</i></li> <li>• <i>Handling responsibilities and challenges</i></li> </ul>	<p>YES</p> <ul style="list-style-type: none"> <li>• <i>Ethical Responsibility</i></li> <li>• <i>Problem Identification</i></li> <li>• <i>Situation Analysis</i></li> <li>• <i>Problem Solving</i></li> </ul>	<p>YES</p> <ul style="list-style-type: none"> <li>• <i>Drug Resistance Skills</i></li> <li>• <i>Personal Self-Management Skills</i></li> <li>• <i>General Social Skills</i></li> </ul>
<p>Social &amp; community health</p> <p>Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations</p> <p>Describe and assess strategies for responding to discrimination,</p>	<p>YES</p> <ul style="list-style-type: none"> <li>• <i>Self-awareness and management</i></li> <li>• <i>Responsible decision making</i></li> <li>• <i>Understanding others</i></li> <li>• <i>Relationship and communication skills</i></li> <li>• <i>Handling responsibilities and</i></li> </ul>	<p>YES</p> <ul style="list-style-type: none"> <li>• <i>Ethical Responsibility</i></li> <li>• <i>Problem Identification</i></li> <li>• <i>Situation Analysis</i></li> <li>• <i>Problem Solving</i></li> </ul>	<p>YES</p> <ul style="list-style-type: none"> <li>• <i>Drug Resistance Skills</i></li> <li>• <i>Personal Self-Management Skills</i></li> <li>• <i>General Social Skills</i></li> </ul>

<p><b>stereotyping, and bullying</b></p> <p><b>Describe and apply strategies for developing and maintaining healthy relationships</b></p> <p><b>Describe and apply strategies that promote a safe and caring environment</b></p>	<p><i>challenges</i></p>		
<p>Mental well-being</p> <p><b>Describe and assess strategies for promoting mental well-being, for self and others</b></p> <p><b>Describe and assess strategies for managing problems related to mental well-being and substance use, for others</b></p> <p><b>Explore and describe strategies for managing physical, emotional, and social changes during puberty</b>  <b>Explore and describe how personal identities adapt and change in different settings and situations</b></p>	<p>YES</p> <ul style="list-style-type: none"> <li><i>Self-awareness and management</i></li> <li><i>Responsible decision making</i></li> <li><i>Understanding others</i></li> <li><i>Relationship and communication skills</i></li> <li><i>Handling responsibilities and challenges</i></li> </ul>	<p>YES</p> <ul style="list-style-type: none"> <li><i>Ethical Responsibility</i></li> <li><i>Problem Identification</i></li> <li><i>Situation Analysis</i></li> <li><i>Problem Solving</i></li> </ul>	<p>YES</p> <ul style="list-style-type: none"> <li><i>Drug Resistance Skills</i></li> <li><i>Personal Self-Management Skills</i></li> <li><i>General Social Skills</i></li> </ul>
COMMUNICATION	✓	✓	✓
THINKING	✓	✓	✓
PERSONAL AND SOCIAL	✓	✓	✓
<b>Grade 6</b>			
<p>Healthy and active living</p> <p><b>Describe the impacts of personal choices on health and well-being</b></p> <p><b>Analyze health messages and</b></p>	<p>YES</p> <ul style="list-style-type: none"> <li><i>Self-awareness and management</i></li> <li><i>Responsible decision making</i></li> <li><i>Understanding others</i></li> </ul>	<p>YES</p> <ul style="list-style-type: none"> <li><i>Ethical Responsibility</i></li> <li><i>Problem Identification</i></li> <li><i>Situation Analysis</i></li> <li><i>Problem Solving</i></li> </ul>	<p>YES</p> <ul style="list-style-type: none"> <li><i>Drug Resistance Skills</i></li> <li><i>Personal Self-Management Skills</i></li> <li><i>General Social Skills</i></li> </ul>



<p><b>possible intentions to influence behaviour</b></p> <p><b>Identify, apply, and reflect on strategies used to pursue personal healthy-living goals</b></p>	<ul style="list-style-type: none"> <li>• <i>Relationship and communication skills</i></li> <li>• <i>Handling responsibilities and challenges</i></li> </ul>		
<p>Social &amp; community health</p> <p><b>Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations</b></p> <p><b>Describe and assess strategies for responding to discrimination, stereotyping, and bullying</b></p> <p><b>Describe and apply strategies for developing and maintaining healthy relationships</b></p> <p><b>Explore strategies for promoting the health and well-being of the school and community</b></p>	<p>YES</p> <ul style="list-style-type: none"> <li>• <i>Self-awareness and management</i></li> <li>• <i>Responsible decision making</i></li> <li>• <i>Understanding others</i></li> <li>• <i>Relationship and communication skills</i></li> <li>• <i>Handling responsibilities and challenges</i></li> </ul>	<p>YES</p> <ul style="list-style-type: none"> <li>• <i>Ethical Responsibility</i></li> <li>• <i>Problem Identification</i></li> <li>• <i>Situation Analysis</i></li> <li>• <i>Problem Solving</i></li> </ul>	<p>YES</p> <ul style="list-style-type: none"> <li>• <i>Drug Resistance Skills</i></li> <li>• <i>Personal Self-Management Skills</i></li> <li>• <i>General Social Skills</i></li> </ul>
<p>Mental well-being</p> <p><b>Describe and assess strategies for promoting mental well-being, for self and others</b></p> <p><b>Describe and assess strategies for managing problems related to mental well-being and substance use, for others</b></p> <p><b>Explore and describe strategies for managing physical, emotional, and social changes during puberty</b></p>	<p>YES</p> <ul style="list-style-type: none"> <li>• <i>Self-awareness and management</i></li> <li>• <i>Responsible decision making</i></li> <li>• <i>Understanding others</i></li> <li>• <i>Relationship and communication skills</i></li> <li>• <i>Handling responsibilities and challenges</i></li> </ul>	<p>YES</p> <ul style="list-style-type: none"> <li>• <i>Ethical Responsibility</i></li> <li>• <i>Problem Identification</i></li> <li>• <i>Situation Analysis</i></li> <li>• <i>Problem Solving</i></li> </ul>	<p>YES</p> <ul style="list-style-type: none"> <li>• <i>Drug Resistance Skills</i></li> <li>• <i>Personal Self-Management Skills</i></li> <li>• <i>General Social Skills</i></li> </ul>

<b>and adolescence</b>			
<b>Explore and describe how personal identities adapt and change in different settings and situations</b>			
COMMUNICATION	✓	✓	✓
THINKING	✓	✓	✓
PERSONAL AND SOCIAL	✓	✓	✓
<b>Grade 7</b>			
<p>Healthy and active living</p> <p><b>Identify factors that influence healthy choices and explain their potential health effects</b></p> <p><b>Assess and communicate health information for various health issues</b></p> <p><b>Identify and apply strategies to pursue personal healthy-living goals</b></p> <p><b>Reflect on outcomes of personal healthy-living goals and assess strategies used</b></p>	<p>YES</p> <ul style="list-style-type: none"> <li>• <i>Self-awareness and management</i></li> <li>• <i>Responsible decision making</i></li> <li>• <i>Understanding others</i></li> <li>• <i>Relationship and communication skills</i></li> <li>• <i>Handling responsibilities and challenges</i></li> </ul>	<p>YES</p> <ul style="list-style-type: none"> <li>• <i>Ethical Responsibility</i></li> <li>• <i>Problem Identification</i></li> <li>• <i>Situation Analysis</i></li> <li>• <i>Problem Solving</i></li> </ul>	<p>YES</p> <ul style="list-style-type: none"> <li>• <i>Drug Resistance Skills</i></li> <li>• <i>Personal Self-Management Skills</i></li> <li>• <i>General Social Skills</i></li> </ul>
<p>Social and community health</p> <p><b>Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations</b></p> <p><b>Describe and assess strategies for responding to discrimination, stereotyping, and bullying</b></p>	<p>YES</p> <ul style="list-style-type: none"> <li>• <i>Self-awareness and management</i></li> <li>• <i>Responsible decision making</i></li> <li>• <i>Understanding others</i></li> <li>• <i>Relationship and communication skills</i></li> <li>• <i>Handling responsibilities and challenges</i></li> </ul>	<p>YES</p> <ul style="list-style-type: none"> <li>• <i>Ethical Responsibility</i></li> <li>• <i>Problem Identification</i></li> <li>• <i>Situation Analysis</i></li> <li>• <i>Problem Solving</i></li> </ul>	<p>YES</p> <ul style="list-style-type: none"> <li>• <i>Drug Resistance Skills</i></li> <li>• <i>Personal Self-Management Skills</i></li> <li>• <i>General Social Skills</i></li> </ul>

<p><b>Describe and apply strategies for developing and maintaining healthy relationships</b></p> <p><b>Explore strategies for promoting the health and well-being of the school and community</b></p>			
<p>Mental well-being</p> <p><b>Describe and assess strategies for promoting mental well-being, for self and others</b></p> <p><b>Describe and assess strategies for managing problems related to mental well-being and substance use, for others</b></p> <p><b>Create and assess strategies for managing physical, emotional, and social changes during puberty and adolescence</b></p> <p><b>Explore the impact of transition and change on identities</b></p>	<p>YES</p> <ul style="list-style-type: none"> <li>• <i>Self-awareness and management</i></li> <li>• <i>Responsible decision making</i></li> <li>• <i>Understanding others</i></li> <li>• <i>Relationship and communication skills</i></li> <li>• <i>Handling responsibilities and challenges</i></li> </ul>	<p>YES</p> <ul style="list-style-type: none"> <li>• <i>Ethical Responsibility</i></li> <li>• <i>Problem Identification</i></li> <li>• <i>Situation Analysis</i></li> <li>• <i>Problem Solving</i></li> </ul>	<p>YES</p> <ul style="list-style-type: none"> <li>• <i>Drug Resistance Skills</i></li> <li>• <i>Personal Self-Management Skills</i></li> <li>• <i>General Social Skills</i></li> </ul>
COMMUNICATION	✓	✓	✓
THINKING	✓	✓	✓
PERSONAL AND SOCIAL	✓	✓	✓
<b>Grade 8</b>			
<p>Healthy and active living</p> <p><b>Assess factors that influence healthy choices and their potential health effects</b></p> <p><b>Identify factors that influence</b></p>	<p>YES</p> <ul style="list-style-type: none"> <li>• <i>Self-awareness and management</i></li> <li>• <i>Responsible decision making</i></li> <li>• <i>Understanding others</i></li> <li>• <i>Relationship and</i></li> </ul>	<p>YES</p> <ul style="list-style-type: none"> <li>• <i>Ethical Responsibility</i></li> <li>• <i>Problem Identification</i></li> <li>• <i>Situation Analysis</i></li> <li>• <i>Problem Solving</i></li> </ul>	<p>YES</p> <ul style="list-style-type: none"> <li>• <i>Drug Resistance Skills</i></li> <li>• <i>Personal Self-Management Skills</i></li> <li>• <i>General Social Skills</i></li> </ul>

<p>health messages from a variety of sources, and analyze their influence on behaviour</p> <p>Identify and apply strategies to pursue personal healthy-living goals</p> <p>Reflect on outcomes of personal healthy-living goals and assess strategies used</p>	<p><i>communication skills</i></p> <ul style="list-style-type: none"> <li>• <i>Handling responsibilities and challenges</i></li> </ul>		
<p>Social and community health</p> <p>Propose strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations</p> <p>Propose strategies for responding to discrimination, stereotyping, and bullying</p> <p>Propose strategies for developing and maintaining healthy relationships</p> <p>Create strategies for promoting the health and well-being of the school and community</p>	<p>YES</p> <ul style="list-style-type: none"> <li>• <i>Self-awareness and management</i></li> <li>• <i>Responsible decision making</i></li> <li>• <i>Understanding others</i></li> <li>• <i>Relationship and communication skills</i></li> <li>• <i>Handling responsibilities and challenges</i></li> </ul>	<p>YES</p> <ul style="list-style-type: none"> <li>• <i>Ethical Responsibility</i></li> <li>• <i>Problem Identification</i></li> <li>• <i>Situation Analysis</i></li> <li>• <i>Problem Solving</i></li> </ul>	<p>YES</p> <ul style="list-style-type: none"> <li>• <i>Drug Resistance Skills</i></li> <li>• <i>Personal Self-Management Skills</i></li> <li>• <i>General Social Skills</i></li> </ul>
<p>Mental well-being</p> <p>Describe and assess strategies for promoting mental well-being, for self and others</p> <p>Describe and assess strategies for managing problems related to mental well-being and substance</p>	<p>YES</p> <ul style="list-style-type: none"> <li>• <i>Self-awareness and management</i></li> <li>• <i>Responsible decision making</i></li> <li>• <i>Understanding others</i></li> <li>• <i>Relationship and communication skills</i></li> <li>• <i>Handling responsibilities and</i></li> </ul>	<p>YES</p> <ul style="list-style-type: none"> <li>• <i>Ethical Responsibility</i></li> <li>• <i>Problem Identification</i></li> <li>• <i>Situation Analysis</i></li> <li>• <i>Problem Solving</i></li> </ul>	<p>YES</p> <ul style="list-style-type: none"> <li>• <i>Drug Resistance Skills</i></li> <li>• <i>Personal Self-Management Skills</i></li> <li>• <i>General Social Skills</i></li> </ul>

use, for others	<i>challenges</i>		
<b>Create and assess strategies for managing physical, emotional, and social changes during puberty and adolescence</b>			
<b>Explore and describe the impact of transition and change on identities</b>			
COMMUNICATION	✓	✓	✓
THINKING	✓	✓	✓
PERSONAL AND SOCIAL	✓	✓	✓

### Grade 9

Healthy and active living	YES	YES	YES
<b>Identify factors that influence health messages from a variety of sources, and analyze their influence on behaviour</b>	<ul style="list-style-type: none"> <li>• <i>Self-awareness and management</i></li> <li>• <i>Responsible decision making</i></li> <li>• <i>Understanding others</i></li> <li>• <i>Relationship and communication skills</i></li> <li>• <i>Handling responsibilities and challenges</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Ethical Responsibility</i></li> <li>• <i>Problem Identification</i></li> <li>• <i>Situation Analysis</i></li> <li>• <i>Problem Solving</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Drug Resistance Skills</i></li> <li>• <i>Personal Self-Management Skills</i></li> <li>• <i>General Social Skills</i></li> </ul>
<b>Identify and apply strategies to pursue personal healthy-living goals</b>			
<b>Reflect on outcomes of personal healthy-living goals and assess strategies used</b>			
Social and community health	YES	YES	YES
<b>Propose strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations</b>	<ul style="list-style-type: none"> <li>• <i>Self-awareness and management</i></li> <li>• <i>Responsible decision making</i></li> <li>• <i>Understanding others</i></li> <li>• <i>Relationship and communication skills</i></li> <li>• <i>Handling responsibilities and challenges</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Ethical Responsibility</i></li> <li>• <i>Problem Identification</i></li> <li>• <i>Situation Analysis</i></li> <li>• <i>Problem Solving</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Drug Resistance Skills</i></li> <li>• <i>Personal Self-Management Skills</i></li> <li>• <i>General Social Skills</i></li> </ul>
<b>Analyze strategies for responding to discrimination, stereotyping, and bullying</b>			

<p><b>Propose strategies for developing and maintaining healthy relationships</b></p> <p><b>Create strategies for promoting the health and well-being of the school and community</b></p>			
<p>Mental well-being</p> <p><b>Analyze strategies for promoting mental well-being, for self and others</b></p> <p><b>Assess and evaluate strategies for managing problems related to mental well-being and substance use, for others</b></p> <p><b>Create and evaluate strategies for managing physical, emotional, and social changes during puberty and adolescence</b></p> <p><b>Explore and describe factors that shape personal identities, including social and cultural factors</b></p>	<p>YES</p> <ul style="list-style-type: none"> <li>• <i>Self-awareness and management</i></li> <li>• <i>Responsible decision making</i></li> <li>• <i>Understanding others</i></li> <li>• <i>Relationship and communication skills</i></li> <li>• <i>Handling responsibilities and challenges</i></li> </ul>	<p>YES</p> <ul style="list-style-type: none"> <li>• <i>Ethical Responsibility</i></li> <li>• <i>Problem Identification</i></li> <li>• <i>Situation Analysis</i></li> <li>• <i>Problem Solving</i></li> </ul>	<p>YES</p> <ul style="list-style-type: none"> <li>• <i>Drug Resistance Skills</i></li> <li>• <i>Personal Self-Management Skills</i></li> <li>• <i>General Social Skills</i></li> </ul>
COMMUNICATION	✓	✓	✓
THINKING	✓	✓	✓
PERSONAL AND SOCIAL	✓	✓	✓