

## TALKING ABOUT... SERIES: HEALTH AND PHYSICAL EDUCATION (HPE) ONTARIO CURRICULUM LINKS

The Talking About...Series has been designed to meet a portion of the “Overall and Specific Expectations” outlined in the “Substance Use and Abuse” component of the HPE Curriculum for Grades 7-12.

### OVERALL EXPECTATIONS

**Grades 7-12 (same for all grades), students will:**

1. demonstrate personal and interpersonal skills and the use of critical and creative thinking processes as they acquire knowledge and skills in connection with the expectations in the Active Living, Movement Competence, and Healthy Living strands for this grade.

### SPECIFIC EXPECTATIONS

1. Living Skills By the end of Grades 7-12, students will:

### PERSONAL SKILLS (PS)\*

- 1.1 use self-awareness and self-monitoring skills to help them understand their strengths and needs, take responsibility for their actions, recognize sources of stress, and monitor their own progress, as they participate in physical activities, develop movement competence, and acquire knowledge and skills related to healthy living
- 1.2 use adaptive, management, and coping skills to help them respond to the various challenges they encounter as they participate in physical activities, develop movement competence, and acquire knowledge and skills related to healthy living

### INTERPERSONAL SKILLS (IS)\*

- 1.3 communicate effectively, using verbal or non-verbal means, as appropriate, and interpret information accurately as they participate in physical activities, develop movement competence, and acquire knowledge and skills related to healthy living
- 1.4 apply relationship and social skills as they participate in physical activities, develop movement competence, and acquire knowledge and skills related to healthy living to help them interact positively with others, build healthy relationships, and become effective team members

### CRITICAL AND CREATIVE THINKING (CT)\*

- 1.5 use a range of critical and creative thinking skills and processes to assist them in making connections, planning and setting goals, analysing and solving problems, making decisions, and evaluating their choices in connection with learning in health and physical education

## HEALTHY LIVING LEARNING SUMMARY FOR GRADE 7: KEY TOPICS\*

### OVERALL EXPECTATIONS

- C1 Understanding Health Concepts
- C2 Making Healthy Choices
- C3 Making Connections for Healthy Living

### SPECIFIC EXPECTATIONS:

#### Substance Use, Addictions, and Related Behaviours

- C1.2 Mental health, substances, support [PS]
- C2.3 Body image, substance use [PS, CT]
- C3.2 Implications of substance use and addictions [CT]
- C1.2 demonstrate an understanding of linkages between mental illness and problematic substance use, and identify school and community resources (e.g., trusted adults at school, guidance counsellors, public health services, community elders, help lines) that can provide support for mental health concerns relating to substance use, addictions, and related behaviours [PS]
- C2.3 explain how preoccupation with body image can contribute to substance abuse (e.g., misuse of supplements, vitamins, diuretics, diet pills, laxatives, or steroids to alter appearance), and demonstrate the ability to make informed choices about caring for their bodies [PS, CT]
- C3.2 analyse the personal and societal implications of issues related to substance use and addictive behaviours (e.g., effect of technology dependence on school and workplace performance, risks associated with chewing tobacco, effects of second-hand smoke on non-smokers and children, legal and health implications of underage drinking, body damage and reputation loss among athletes as a result of the use of steroids and other performance-enhancing drugs; risk of HIV/AIDS with intravenous drug use; risk of fetal alcohol spectrum disorder [FASD] as a result of alcohol abuse during pregnancy) [CT] •

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## HEALTHY LIVING LEARNING SUMMARY FOR GRADE 8: KEY TOPICS\*

### OVERALL EXPECTATIONS

- C1 Understanding Health Concepts
- C2 Making Healthy Choices
- C3 Making Connections for Healthy Living

### SPECIFIC EXPECTATIONS:

#### Substance Use, Addictions, and Related Behaviours

- C1.3 Warning signs, consequences
- C2.3 Mental health, stress management [PS]
- C1.3 identify and describe the warning signs of substance misuse or abuse, addictions, and related behaviours (e.g., changes in behaviour, gradual withdrawal from social circles, a drop in academic performance) and the consequences that can occur (e.g., aggressive behaviours related to alcohol use that can lead to gender-based violence, dating violence, or sexual assault; financial problems resulting from online gambling; overdose as a result of misuse of prescription medications, including pain relievers; inability to make good decisions as a result of drug use; binge drinking and alcohol poisoning; injury, death, or legal charges resulting from accidents caused by impaired driving; self-harming behaviours, including cutting, related to mental illnesses such as depression that are exacerbated by substance abuse; fetal alcohol spectrum disorder [FASD] in children as a result of alcohol abuse by the mother during pregnancy)
- C2.3 explain how stress affects mental health and emotional well-being, and demonstrate an understanding of how to use a variety of strategies for relieving stress and caring for their mental health (e.g., engaging in physical activity, listening to music, resting, meditating, talking with a trusted individual, practising smudging) [PS]

## HEALTHY LIVING LEARNING SUMMARY FOR GRADE 9: KEY TOPICS\*

### OVERALL EXPECTATIONS

- C1 Understanding Health Concepts
- C2 Making Healthy Choices
- C3 Making Connections for Healthy Living

### SPECIFIC EXPECTATIONS:

#### Substance Use, Addictions, and Related Behaviours

- C1.3 Resilience – protective and risk factors [PS, CT]
- C3.4 Social influences; decision-making, communication skills [IS, CT]

### SUBSTANCE USE, ADDICTIONS, AND RELATED BEHAVIOURS

- C1.3 demonstrate an understanding of resilience and related protective and risk factors, and explain how these can affect choices related to substance use and addictions [PS, CT] 103HEALTHY LIVING Healthy Active Living Education PPL10
- C3.4 describe social factors that may influence substance use (e.g., use of prescription drugs, alcohol, tobacco, chewing tobacco, nutritional supplements, performance-enhancing drugs) or behaviours leading to addictions (e.g., gambling; video, Internet, or computer gaming; eating disorders), and explain how decision-making and communication skills can be used to respond effectively to these influences [IS, CT]

## HEALTHY LIVING LEARNING SUMMARY FOR GRADE 10: KEY TOPICS\*

### OVERALL EXPECTATIONS

- C1 Understanding Health Concepts
- C2 Making Healthy Choices
- C3 Making Connections for Healthy Living

### SPECIFIC EXPECTATIONS:

#### Substance Use, Addictions, and Related Behaviours

- C1.2 Effects on health and well-being [PS]
- C2.4 Responding to challenges involving substance use or addictions – use of living skills [PS, IS, CT]
- C3.3 Addiction-related issues – local, national, and global [CT]

- C1.2 Demonstrate an understanding of the impact of substance use and addictive behaviours on all aspects (e.g., physical, emotional, cognitive, spiritual, social, economic) of a person's health and well-being [PS]
- C2.4 Demonstrate the ability (e.g., through role play, discussions, debates, analysis of hypothetical situations, case studies, scenarios) to apply adaptive, coping, and management skills (e.g., refusal, assertiveness, and persuasion skills; problem-solving and stress-management skills; time-management and organizational skills) to respond to challenging situations involving substance use, addictions, and related behaviours [PS, IS, CT]
- C3.3 Identify public issues related to various addictions (e.g., alcohol, drugs, gambling, tobacco), and analyse their impacts and the connections between these impacts locally, nationally, and internationally [CT]

## HEALTHY LIVING LEARNING SUMMARY FOR GRADE 11: KEY TOPICS\*

### OVERALL EXPECTATIONS

- C1 Understanding Health Concepts
- C2 Making Healthy Choices
- C3 Making Connections for Healthy Living

### SPECIFIC EXPECTATIONS:

#### Substance Use, Addictions, and Related Behaviours

- C2.2 Connections between substance use, addictive behaviour, and physical and mental health; making safer choices [PS, CT]
- C3.3 Risk factors and supports [PS, IS, CT]
- C2.2 Apply their understanding of the connections between substance use, addictive behaviours, and physical and mental health (e.g., physical illness can lead to drug dependencies; compulsive behaviour can affect physical health and mental well-being; self-medication, substance use, and mental illness sometimes form a mutually reinforcing negative cycle; substances used to lower inhibitions can create health risks; alcohol consumption during pregnancy increases the risk of giving birth to a child with fetal alcohol spectrum disorder [FASD]; substance misuse can sometimes lead to problems with anxiety or depression) to make safer choices about the use of medications, drugs, and other substances and involvement in potentially addictive activities [PS, CT]
- C3.3 Describe factors (e.g., poor school performance; not fitting in; inability to cope with stress; not having a support network; having friends or family members who drink or use drugs; family conflict; discrimination or oppression; emotional, physical, or sexual abuse; poverty) that increase a person's risk of engaging in substance use or addictive behaviours, and identify sources of support (e.g., a school guidance counsellor, a telephone help line, a trusted friend who can help them find an adult to speak to, a family member, a religious leader or spiritual counsellor, a family physician or nurse practitioner, public health units or community health or friendship centres) that can help people avoid or overcome substance abuse and addiction [PS, IS, CT]

## HEALTHY LIVING LEARNING SUMMARY FOR GRADE 12: KEY TOPICS\*

### OVERALL EXPECTATIONS

- C1 Understanding Health Concepts
- C2 Making Healthy Choices
- C3 Making Connections for Healthy Living

### SPECIFIC EXPECTATIONS:

#### Substance Use, Addictions, and Related Behaviours

- C1.2 Consequences of substance misuse – short-term, long-term, legal [CT]
- C2.3 Developing resilience, making healthy choices [PS, IS, CT]
- C3.3 Local and international trends and issues [CT]
- C1.2 describe both the short-term and long-term consequences of substance misuse, including legal consequences [CT]
- C2.3 describe how coping and interpersonal skills and their knowledge of personal protective and risk factors can be used to develop resilience and enhance their ability to make healthy choices, including the avoidance of substance use and addictive behaviours [PS, IS, CT]
- C3.3 analyse local and international trends and issues relating to substance use and addictions (e.g., sale of contraband cigarettes and e-cigarettes; anti-smoking and anti-drug campaigns and associated declines in smoking rates and drug use over time; drug legalization in some countries; legalization of cannabis for medicinal purposes; drug-related criminal activity, including drug rings, gangs, prostitution; illegal gambling), and assess their impact on society [CT]

**REFERENCE:**

<http://www.edu.gov.on.ca/eng/curriculum/elementary/health.html>

<http://www.edu.gov.on.ca/eng/curriculum/secondary/health9to12.pdf>