

%

%

&' (&)*' +, -%

.*/-. *01&2*-%&' %

3*' 145%*45167%-14)*%

8%

%

19: % %3<==>%

STRANDS AND OUTCOMES

Strand 3: Individual and Community Health, outcome 4.6

- 3?@A<B6?<BAC%
- %%%(?E@F% ?@A<BIC?<BAC%
- %%%G<HAI JKAC<AKLMMI JA% ?@A<BIC?<BAC%
- %%%D<@F@FM?JKM?HNO?KN @% ?@A<BIC?<BAC%

Strand 1: Self and Relationships, outcome 4.2

- OI @@?HA?=@?KK%
- I@AJM?JKI @<BHI : : L@H<NI @%
- -??P@FIC?BM%

STUDENTS LEARN TO

- . JI MI K?KAJ<A?F9?K%I %<==J?KK% 9L@=?JKA<@=9@FK%QI LA%
- : ?@A<BIC?<BAC%JI Q8?: K%=@%JI : I A?MI K9NO?%<RAL=?K%
- I=?@NS>9@=909=L<BK?FJI LMK%J%MB<H?K%I %TC9HCAC?>%??8%<%
- KAJI @F%K?@K?%I SQD?BI @F9@F%=@%2UMB<9@%CI T%AC?K?%C?BM%AC?: %AI %
- S??B%KLMMI JA?=%@=%HI @=?HA?=%
- I=?@NS>9Q<JJ9?JK%AI %HI : : L@H<NI @%
- *O<BL<A?%AC?%MI MLB<J% I=?K%I %HI : : L@H<NI @%LK?=%QD>%I L@F%
- M?I MB?%
- *KA<QB%K9@F%9@=909=L<B%KLMMI JA%?ATTI JPK%I S%<=LBAK%=@%M??JK%
- . JI MI K9@F%KAJ<A?F9?K%I %I O?JHI : ?%Q<JJ9?JK%

LESSON CONTENT

- -AL=?@A%FJ??: ?@A%
- **Depression:** (?MU?K%I @%K%<HI : : I @% ?@A<B%<KIJ=?J%AC<A%MU?K?@AK%
- T%AC=?MU?K%I=?% I I =78I K%I %9@A?J?K%I J%MB?<KLJ?%S??9@F%K%I %IFL%9%I J%I T%
- K?B%ST I JAC%<KALJQ?=%K%I?%M%I J%<MM?NA?78I T%?@?JF>%=@%MI I J%
- HI @H?@AJ<NI @%
- **Anxiety:** 4%??9@F%I %9@?J0I LK@?K%I J%L@?<K?%<@F9@F%JI : % 9=@?K%I %
- M<@H%<V<HPK%?<JSL@?K%<=@%KAJ?K%

STATISTICS

- 1C?FJ?<A?KA@L: O?JH SMT?I MB?KT?AC%-% ?@A<B@B@?KK%<J?@%C?W! 8%?<JK% <F?FJI LMK! YZ?MU?O<B?@H?[%
- "\$Z% S%LKAJ<B<@KST?BQ?%<?HA?=>D>%<U?A>%AKI: ?N: ?@%AC?UJWS?[% ! \$Z?KT?BQ?%<?HA?=>D>%<?MU?KK9I @%
- "BZ% S%LKAJ<B<@%HC@=J?@%<%=I B?KH?@AK%F?=>BD"Y%?<JK%<O?% ?@A<B C?<BACMUJ OI?> KJ%> S%HC%<F?FJI LMP%QI JF9@<B%<=H I JJ?K%<AJ<@%KQ<@=>?J% HC@=J?@%KT?J?% I J?@P?>@%I C<O?%< ?@A<B?C?<BACMUJ OI?> %C<@%@I @I @=9F?@I LKHHC@=J?@%
- @% - ^ %B! @?% ! \$\$\$\$% I L@FM?I MB?K?F?=>D?AT??@% ' %<=H 8%KT?BQ ?UM?J?@H?%<?MU?KK9I @%<=%<D"!% I @ACM?J9I =%

SIGNS AND SYMPTOMS OF ANXIETY AND DEPRESSION

- a?HI : %@F%KI H@%T%AC=J<T@%
- G<B@F@F@%AC?UJ?J?SI J: <@H?%<AKHC I I B% J%T I JP%
- *@F<F@F@%@U?K?P@<P@F%Q?C<O9I L%>
- *@F<F@F@%<JLF%<@%<BHI C I B%<QLK?>
- *@F<F@F@%<9\J?@A%=>FJ?K% S%K?B%<J: %>

INDIGENOUS PERSPECTIVES CONTENT

- 1C?FJ?I: H%I H@@=>I: I NI @<B?T?BQ?@F?W<AC?JMC<@% b: ?@A<B?C?<BAC?BACMUJ?S?J?=>D>@QI JF9@<B%<=H I JJ?K% -AJ<@%KQ<@=>?J%?I MB?K?D?H<L?K?H S%AK% I J?@H K%NO?%<@% C I BKNHBI @@I A<NI @K%
- + O?JN: ?%QI JF9@<B%<=H I JJ?K%<AJ<@%KQ<@=>?J%?I MB? C<O?@UM?J?@H?@J<L: <%<@%<H I KK?@U<H?JQ<A?=>D>% I @F I @F%KI H@@=>I C?<BAC%<H I J%K%LHC%<K?<@?J?BQ?% ?UM?HA<@>B%K%L?K% S%LQA<@H?%<QLK?@<H%: %<=H K% I S@=>@NA>J% C%K<=>@?<@%I %C?F?C?@?K% S%<?MU?KK9I @<@=>%<U?A>]%
- DISCUSSION@D<@%<I L%C@P% S%<@>AC?J?<K I @K%T<>% eI L@F%@=>F?@I L%K%?I MB?K?U?J?@H?%<?MU?KK9I @%<@=> <@U?A>@%I %<@<J?@UA?@AF%>



INDIGENOUS LINK

- CVMd##TTT]>I LACQ?>I @=OBL?|HI : #> @=9F?@I LKDC%MDC I MDMJ I q?HAKD9CCM#%
- 1C?@D@=>?I %K%<QI LA%AC?%<=9F?@I LK%6%MP%6 I M% JI q?HAK%@6. [% FJI LMP%T C I %C<O?@D??@%HI : : %K%9I @?=>D>@a?>I @=>@BL?<@%< F I O?J@: ?@A@H?@NO??@H I %I L@=>@I %LJQ<@%JLJ<B%<@=>% J?: I A?%HI : : L@%N?K%<@%MUJ I: I A?%<T<J?@K%<J I L@=>%<U?A>% <@=>%<?MU?KK9I @]%
- DISCUSSION: ^ C>%K%K%<@%<MMUJ MJ9-A?%KI LJH?@I %L?@%<@%< @=9F?@I L%K%?J%K%?HNO?K%?K%I @% @% ?@A<B?C?<BACF%>

ACTIVITY

- 4K%I L%K<T%@%AC?%O9=?I 7%66. %QOI P?=%S??8%@FK% S%MI K9NO?%
HI : : L@9A>%=@%MJ9=?%@%AC?%J%=@=%9F?@I LK%K?%J9A<F?%QD>%
HI @KLB%N@F%T%9AC%?B=?JK%T%TCI %AI B=%KAI J9?K%N% S%AC?%J%MI <KAI%I C?%
>I L@F%9F?%?%J<NI @%AC?%?%LU?<A?=%%K%9%MC I MKI I @F%=@=%<@H?%
SJI : %AC?%K?%KAI J9?K%I%

 • 1C9@P%<QI LA%N: ?K%9@%I LJ%8S?%T%C?%J?%I L%9C<O?%S?%8A%-%MI K9NO?%
K?@K?%N% S%HI : : L@9A>%K%LMMI JA7%K?%8S%?%KA??: %=@=%MJ9=?%9@%I LJ%
Q<H%PF%JI L@=%J%

 • **Write your own rap song which represents your individual sense of belonging**

EXAMPLE RAP

- [CVMd##TTTT\]>I LALQ?|HI : #T<AHCf](#)
[Oij 5k, 4GI 1>T\\$%](#)



REFERENCES^{00/}_{70/}

- [TTTTQ?>I @=QBL?|JFI<L%](#)
- [TTTTQI<HP=IF@KNALA?|JFI<L%](#)
- [TTTT\]: %=@SJ<: ?D: ?=9<|@SI #K%N?%9@=?U\]HS: f=%KM%<>i W' ' 8"%](#)
- [. \(6. *%e?<J%0" \\$%>B<OLK%N \\$\\$_7% - ^%a| <J=%S%AL=?K%I%](#)
- [TTTT\]>I LACO?>I @=QBL?|HI : #=?MJ?KK%I @B<@=|<@U%7A>%](#)
- [TTTT\]>I LALQ?|HI : %](#)
- [TTTT\]>I LACO?>I @=QBL?|HI : #9@=%9F?@I LKDC%MDCI MD%JI g?HAK%CCM#%](#)