

**Employability Standard**  
**Level 10**  
**Personal Wellness and Safety Plan**  
April 28, 2015

**Wellness**

- A. Student will practice good hygiene.
  - Clean self, clothing and personal space
  - Contribute to the cleanliness of common space
  - Appear groomed
  
- B Student will demonstrate behaviors of a healthy lifestyle.
  - Practice good nutrition
  - Participate regularly in exercise
  - Understand the importance of healthy leisure activities
  - Identify the attributes of a healthy person
  - Identify positive ways to cope with personal stress
  - Recognize and develop healthy relationships

**Safety**

- A. Student will have knowledge of harmful substances.
  - Develop a personal plan to avoid the following:
    - Alcohol Abuse
    - Drug Abuse
    - Tobacco Abuse
  
- B. Student will understand safety skills.
  - Understand the concept of urban safety and steps needed to be safe
  - Review basic First Aid and CPR
  - Update emergency contact list
  - Develop a personal plan for preventing, recognizing and reporting rape
  - Identify resources to support victims of rape