

Employability Standard
Level 5
Group Wellness and Safety Plan
April 28, 2015

Wellness

- A. Student will exhibit good hygiene.
 - Develop daily hygiene routines
 - Understand how to prevent the spread of illness

- B. Student will understand healthy lifestyle.
 - Understand the benefits of good nutrition, regular exercise and sufficient rest for life-long health
 - Participate regularly in exercise

Safety

- A. Student will have knowledge of harmful substances.
 - Identify the potential harmful effects of the following:
 - Alcohol
 - Tobacco

- B. Student will have knowledge of safety principles.
 - Recognize the need for caution when confronted with the following:
 - 4 Wheelers/Snow Machines
 - Airplanes
 - Boats
 - Cold Weather
 - Understand procedures to respond to emergencies and natural disasters

- C. Student will understand personal safety skills.
 - Know defensive procedures for dealing with inappropriate touching
 - Know how to report inappropriate touching
 - Develop a plan to keep safe in unsafe conditions (e.g., around someone who is drinking excessively)