

Employability Standard
Level 6
Group Wellness and Safety Plan
April 28, 2015

Wellness

- A. Student will exhibit good hygiene.
 - Understand the benefits of good hygiene
 - Understand the importance of cleanliness during changes associated with puberty

- B. Student will understand healthy lifestyle.
 - Understand the basics of good nutrition
 - Participate regularly in exercise
 - Define the consequences of healthy vs. unhealthy behavior

Safety

- A. Student will have knowledge of harmful substances.
 - Understand the difference between legal and illegal drugs
 - Recognize that some drugs are legal for adults only
 - Recognize the potential harmful effects of the following:
 - Over-the-counter Drugs
 - Prescription Drugs
 - Illegal Drugs

- B. Student will have knowledge of safety principles.
 - Demonstrate safety procedures for each of the following:
 - Gun Safety
 - Water Safety
 - Fire Safety
 - Electrical Safety
 - 4 Wheelers/Snow Machine Safety
 - Airplane Safety
 - Boating Safety
 - Cold Weather Safety
 - Wild Animal Safety

- C. Student will understand personal safety skills.
 - Understand the dynamics of bullying
 - Define physical, sexual and verbal abuse