

Employability Standard
Level 7
Personal Wellness and Safety Plan
April 28, 2015

Wellness

- A. Student will practice good hygiene.
 - Clean self, clothing and personal space
 - Appear groomed

- B. Student will demonstrate behaviors of a healthy lifestyle.
 - Practice good nutrition
 - Participate regularly in exercise
 - Define unhealthy behaviors that affect individuals and families
 - Understand how to recognize and cope with anger
 - Define the attributes of emotional well-being

Safety

- A. Student will have knowledge of harmful substances.
 - State the steps to take in response to the following:
 - Medication Overdose
 - Household/School Items Poisoning
 - Fuel/gas Inhalation
 - Alcohol Use
 - Drug Use

- B. Student will understand safety skills.
 - Recognize risk behaviors that could lead to injury or harm
 - Identify ways to respond to bullying
 - Recognize and know how to report physical, sexual and verbal abuse
 - Know steps for avoiding abuse