

**Employability Standard**  
**Level 8**  
**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
  - Explore choices for healthy leisure activities and select one to share
  - Identify healthy vs. unhealthy personal choices
  - Understand AIDS/STD prevention
  - Understand the consequences of pregnancy and how to prevent it
  - Identify ways to promote personal emotional well-being

**Safety**

- A. Student will have knowledge of harmful substances.
  - Define substance abuse and addiction
  - Understand the impact of substance abuse on self and others
  
- B. Student will understand safety skills.
  - Understand and practice behaviors to avoid injury
  - Understand and demonstrate basic First Aid and CPR
  - Understand what to do in the event of an emergency
  - Develop an emergency contact list
  - Understand symptoms of depression and suicide