

Employability Standard
Level 9
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
 - Define stress and understand steps needed to manage stress
 - Understand the difference between healthy and unhealthy relationships

Safety

- A. Student will have knowledge of harmful substances.
 - Understand factors that influence decisions to abuse harmful substances
 - Identify internal and external protective factors for avoiding substance abuse

- B. Student will understand safety skills.
 - Explain basic outdoor survival skills based on location
 - Review basic First Aid and CPR
 - Understand what to do in the event of an emergency
 - Review and update emergency contact list
 - Recognize and know how to report different types of sexual assault
 - Identify resources to support those who are dealing with depression or thoughts of suicide
 - Recognize behaviors leading to self-harm (e.g., cutting, anorexia)