

# Digital Wellness Curriculum Learning Outcomes 3-5

## Learning Outcomes

### Grade Three Social Studies & Health Education

- Ask questions and make inferences about the content and features of different types of sources (evidence) **(Social Studies)**
- Make a value judgment about an event, decision, or action in their lives (ethical judgment) **(Social Studies)**
- Good communication skills help us build and maintain positive relationships. **(Health)**
- Awareness of high-risk situations allows us to protect ourselves. **(Health)**
- Access and analyze information about safety and health topics **(Health)**
- Describe and demonstrate avoidance or assertiveness strategies to respond to a variety of unsafe and/or uncomfortable situations **(Health)**
- Describe and demonstrate strategies to deal with interpersonal conflict and inappropriate behaviours, including bullying **(Health)**
- Describe skills to initiate and maintain positive relationships, including strategies for communication **(Health)**
- Describe factors which positively influence emotional health and self-esteem **(Health)**
- Factors and influences for positive self-esteem **(Health)**
- Personal behaviour impacts the emotions of others **(Health)**
- Healthy and unhealthy peer interactions, including the nature and consequences of bullying behaviour **(Health)**

### Grade Four Learning Outcomes

- Ask questions and corroborate inferences about the content and origins of different sources (evidence) **(Social Studies)**
- Evaluate whether an event, decision, or action was fair from a particular perspective (ethical judgment) **(Social Studies)**
- Keeping safe requires understanding risks and how to respond to them. **(Health)**
- Developing healthy relationship skills prepares us to manage conflicts. **(Health)**
- Personal choices can have short- and long-term effects on our well-being. **(Health)**
- Describe and demonstrate avoidance or assertiveness strategies to respond to a variety of unsafe and/or uncomfortable situations **(Health)**
- Describe interpersonal skills needed for positive relationships, such as communication skills, cooperation and understanding **(Health)**
- Describe and demonstrate strategies to deal with interpersonal conflict and inappropriate behaviours, including bullying **(Health)**
- Safe use of the Internet and social media **(Health)**

## Grade Five Learning Outcomes

- Ask questions and corroborate inferences about the content and origins of different sources (evidence) **(Social Studies)**
- Keeping safe requires understanding risks and how to respond to them. **(Health)**
- Personal choices can have short- and long-term effects on our well-being. **(Health)**
- Developing healthy relationship skills prepares us to manage conflicts. **(Health)**
- Describe strategies for identifying and responding to social pressures that could lead to taking risks **(Health)**
- Describe and demonstrate strategies for removing or reduce risks to safety in a variety of settings **(Health)**
- Apply appropriate strategies for responding to discrimination, stereotyping, and bullying **(Health)**
- guidelines to protect themselves and others from abuse and exploitation **(Health)**
- conflict resolution strategies **(Health)**
- safe use of the Internet and social media **(Health)**