

Synopsis from Ontario Curriculum Document
Health and Physical Education (2019) for Grades 1-8
Healthy Active Living Education (2015) for Grades 9-12

Topic/Strand: Substance Use, Addictions, and Related Behaviours

Grade 1: Unhealthy habits; Healthy alternatives

Grade 2: Prescription/Non-prescription medicines; Medication/Healthy alternatives

Grade 3: Impact of use of legal/illegal substances; Decision-making / Substance use /behaviours

Grade 4: Tobacco and Vaping; Decisions about smoking and vaping; Short and long-term effects of smoking and vaping

Grade 5: Short and long-term effects of alcohol use; Refusal skills - alcohol use and other behaviours; Decision to drink alcohol, use cannabis; Influences

Grade 6: Effects of cannabis, drugs; Strategies, safe choices, influences, alcohol, tobacco, cannabis

Grade 7: Mental health, substances, support; Body image, substance use; Implications of substance use, addictions, and related behaviours

Grade 8: Substance Use, Addictions, and Related Behaviours; Warning signs, consequences

Grade 9: Resilience – protective and risk factors; Social influences; Decision-making, communication skills

Grade 10: Effects on health and well-being; Responding to challenges involving substance use or addictions – use of living skills; Addiction-related issues – local, national, and global

Grade 11: Connections between substance use, addictive behaviour, and physical and mental health; Making safer choices; Risk factors and support

Grade 12: Consequences of substance misuse – short-term, long-term, legal; Developing resilience, making healthy choices; Local and international trends and issues

OVERALL EXPECTATIONS for Grades 9 - 12:

By the end of this course, students will: C1. demonstrate an understanding of factors that contribute to healthy development; C2. demonstrate the ability to apply health knowledge and living skills to make reasoned decisions and take appropriate actions relating to their personal health and well-being; C3. demonstrate the ability to make connections that relate to health and well-being – how their choices and behaviours affect both themselves and others, and how factors in the world around them affect their own and others' health and well-being.

Summary prepared by Bonnie Allen
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