



FIND YOUR VOICE. SPEAK YOUR MIND.

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Health 10

This course will revisit various topics raised in the Health 8 course with greater depth and applicability to the upper grade level. Beginning with the LifeSkills Training program, students will develop their skill sets in the following areas: Personal Self-Management Skills: Strategies for making healthy decisions, reducing stress, and managing anger; General Social Skills: Students strengthen their communication skills and learn how to build healthy relationships; Drug Resistance Skills: Students understand the consequences of substance use, risk-taking, and the influences of the media.

For the final unit of the year, students will explore topics related to sexual health, including more in-depth studies around consent, gender stereotypes, sexual identity, and STIs and birth control.

Throughout the course, we will also monitor current trends and events in the realm of health science, with students being invited to lead discussions on areas of interest they hold within this field.