

## Body Image Educational Curriculum Connections

Our curriculum ties to the Manitoba Government learning outcomes. The following language used is not our own. For more information, please visit [www.edu.gov.mb.ca/k12/cur/physlth/](http://www.edu.gov.mb.ca/k12/cur/physlth/)

### Grade 7

K.4.7.A.3 Explain the benefits of using the decision-making/problem-solving process for making responsible and health-enhancing personal decisions (e.g., prevents impulsive and/or negative decisions, contributes to long-term health...).

K.5.7.E.2b Identify positive ways of coping with daily moods and emotions associated with puberty (e.g., engaging in physical activity, discussing emotions with family/friends/religious leaders, listening to music, laughing, taking part in hobbies, participating in school/community activities, reading books...).

### Senior 1-4

K.3.5.B.4 Identify available community supports that promote safety and community health.

11.MH.4 Examine the signs and symptoms of mental-emotional health issues related to stress, anxiety, depression, and eating disorders. (eating Disorders only)

K.3.S2.B.4 Investigate the contributions self and/or others can make to community/global health and sustainable development

K.4.S1.A.1 Examine personal strengths, values, and strategies for achieving individual success and a positive self-image.

11.MH.2 Examine media influence(s) on self-image and behaviour.

K.4.S2.A.3 Analyze factors that influence personal and or group decisions for action, healthy lifestyles

K.4.S2.A.1 Assess personal attributes and talents across a variety of domains, and assess how each contributes to self-esteem/self-confidence.

S1 5.1.1 discuss factors that influence self concept

S1 5.1.7 define and discuss perception and its influence on oneself and others

S1 5.2.1 analyze information from several sources to determine society's changing perception of beauty

S1 5.2.2 describe unhealthy eating patterns and body-altering substance abuse, e.g., fad dieting, compulsive eating, anorexia and bulimia, steroids

S1 5.1.3 identify behaviours that promote health and wellness