

Saskatchewan Learning
CRYSTAL METH AND DRUG AWARENESS in the Context of
Health Education

INFORMATION FOR ELEMENTARY LEVEL TEACHERS

Elementary Level Health Education (Grades 1-5)

<http://www.sasklearning.gov.sk.ca/docs/health/health1-5/index.html>

| Grade Level & Perspective | Topics |
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| Grade 1 80 minutes/week Becoming Models of Wellness | Safety Avoiding Dangerous Situations <ul style="list-style-type: none"> • saying no to strangers |
| Grade 2 80 minutes/week Discovering Wellness Patterns | Safety Preventing Injuries on the Playground <ul style="list-style-type: none"> • garbage (e.g., needles) Avoiding Dangerous Situations <ul style="list-style-type: none"> • a safe, healthy environment |
| Grade 3 80 minutes/week Gathering Facts for Wellness | Safety Avoiding Dangerous Situations <ul style="list-style-type: none"> • saying no to someone (even someone you know) |
| Grade 4 80 minutes/week Applying Decisions for Wellness | Safety Avoiding Dangerous Situations <ul style="list-style-type: none"> • saying no to smoking, alcohol, and drugs Self-Esteem Assertiveness <ul style="list-style-type: none"> • preventing drug, tobacco, and alcohol abuse |
| Grade 5 80 minutes/week Considering the Wellness of Others | A Healthy Body Diseases Linked to Lifestyle <ul style="list-style-type: none"> • prevention of infectious diseases (e.g., AIDS) Safety Avoiding Dangerous Situations <ul style="list-style-type: none"> • saying no to friends Self-Esteem Assertiveness <ul style="list-style-type: none"> • peer pressure |