



MODULE C: MENTAL-EMOTIONAL HEALTH

Specific Learning Outcomes

Introduction

Lesson 1: Mental Health, Health Habits, and Exercise

Lesson 2: Stress and Body Image

Lesson 3: Anxiety and Depression

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Specific Learning Outcomes

- 11.MH.1** Identify and apply positive health strategies to deal with issues such as stress, anxiety, depression, and eating disorders.
- 11.MH.2** Examine media influence(s) on self-image and behaviour.
- 11.MH.3** Investigate the impact and importance of active healthy lifestyle practices on mental-emotional health issues.
- 11.MH.4** Examine the signs and symptoms of mental-emotional health issues related to stress, anxiety, depression, and eating disorders.
- 11.MH.5** Identify community service agencies that support individuals concerned about mental-emotional health issues.
- 11.MH.6** Apply problem-solving and decision-making strategies in case scenarios related to selected mental-emotional health issues.