

**PERSONAL WELLNESS 9**  
**COURSE OUTLINE: 2024-2025**  
**M. Maltby Ingersoll**

**OBJECTIVES FOR PERSONAL WELLNESS 9**

Students will explore the following topics using resources including myBlueprint, mentalhealthliteracy.org, ChatterHigh, “It is a Big Deal” Activity Book from the Canadian Centre for Child Protection, nbjobs.ca, Think AG, Careerosity, guest speakers and more:

- wellness (healthy lifestyle, helpful and harmful choices and personal safety)
- human growth and development (personal growth, healthy sexuality and self-image)
- mental fitness (positive mental health, mental fitness strategies and decision-making)
- relationships (healthy relationships, bullying and conflict and anti-discrimination)
- career connected learning (thinking about, exploring and experiencing potential career pathways)

**EVALUATION**

Class Work/Assignments	90%
Final Assessment	<u>10%</u>
Total	100%

**SUPPLIES**

Headphones

(No need to purchase a separate binder for this course. You can just put the handouts for this course in a small section in a binder you use for another course.)

**If you would like a BONUS MARK, please have a parent or guardian email me with the following information on or before Monday, September 9, 2024:**

STUDENT'S NAME

PARENT OR GUARDIAN'S NAME

PARENT OR GUARDIAN'S PHONE NUMBER(S)

**My email address: [melanie.maltby@nbed.nb.ca](mailto:melanie.maltby@nbed.nb.ca)**