

British Columbia Curriculum Alignment with Project 11 (Grades K-12)



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PROJECT 11



Kindergarten Curriculum Alignment with Project 11

P11 Lesson	P11 Focus	British Columbia Curricular Competencies
Lesson 1: New Friends	Friendship-promoting behaviours; making new friends; friendly/unfriendly actions	PHE-PL3 - Develop and demonstrate safety, fair play, and leadership in physical activities. PHE-SCH2 - Develop and demonstrate respectful behaviour when participating in activities with others. PHE-SCH3 - Identify caring behaviours among classmates and within families. CE2 - Recognize the importance of positive relationships in their lives.
Lesson 2: We Are All Unique	Uniqueness; personal qualities; strengths; classroom belonging	PHE-MWB3 - Identify personal skills, interests, and preferences. ELA-RLV1 - Use sources of information and prior knowledge to make meaning. ELA-RLV5 - Recognize the importance of story in personal, family, and community identity. ELA-WSR2 - Use language to identify, create, and share ideas, feelings, opinions, and preferences. CE1 - Identify and appreciate their personal attributes, skills, interests, and accomplishments. CE3 - Share ideas, information, personal feelings, and knowledge with others.
Lesson 3: It's Okay to be Different	Celebrating differences; self-acceptance; being true to oneself	PHE-MWB3 - Identify personal skills, interests, and preferences. ELA-WSR2 - Use language to identify, create, and share ideas, feelings, opinions, and preferences.
Lesson 4: The Golden Rule	Kindness; compliments; respectful treatment of others	PHE-PL3 - Develop and demonstrate safety, fair play, and leadership in physical activities. PHE-SCH2 - Develop and demonstrate respectful behaviour when participating in activities with others. PHE-SCH3 - Identify caring behaviours among classmates and within families.
Lesson 5: Fairness	Fairness; similarities and differences; sharing, taking turns, and inclusion	PHE-PL3 - Develop and demonstrate safety, fair play, and leadership in physical activities. PHE-SCH2 - Develop and demonstrate respectful behaviour when participating in activities with others. PHE-SCH3 - Identify caring behaviours among classmates and within families.
Lesson 6: Mindful Monkey, Happy Panda	Mindfulness; focus; relaxation; mindful eating, listening, movement, art, and breathing	PHE-PL3 - Develop and demonstrate safety, fair play, and leadership in physical activities. PHE-SCH3 - Identify caring behaviours among classmates and within families. PHE-MWB1 - Identify and describe practices that promote mental well-being. PHE-MWB2 - Identify and describe feelings and worries. PHE-MWB3 - Identify personal skills, interests, and preferences. ELA-RLV1 - Use sources of information and prior knowledge to make meaning. ELA-WSR2 - Use language to identify, create, and share ideas, feelings, opinions, and preferences.
Lesson 7: Take the Time	Slowing down; relaxation; stretching; self-care; mindful listening	ELA-WSR2 - Use language to identify, create, and share ideas, feelings, opinions, and preferences.
Lesson 8: Peer Pressure	Peer pressure; opinions; positive/negative choices; being your best self	
Lesson 9: Kindness	Acts of kindness; classroom community; kindness in action	PHE-PL3 - Develop and demonstrate safety, fair play, and leadership in physical activities. PHE-SCH2 - Develop and demonstrate respectful behaviour when participating in activities with others. PHE-SCH3 - Identify caring behaviours among classmates and within families.

Lesson 10: Can I Play Too?	Inclusion; feeling left out; friendship; retelling and problem solving	PHE-PL3 - Develop and demonstrate safety, fair play, and leadership in physical activities. PHE-SCH3 - Identify caring behaviours among classmates and within families.
Lesson 11: What is Family?	Family diversity; family uniqueness; belonging and support	PHE-SCH3 - Identify caring behaviours among classmates and within families. ELA-RLV1 - Use sources of information and prior knowledge to make meaning. ELA-RLV5 - Recognize the importance of story in personal, family, and community identity. CE2 - Recognize the importance of positive relationships in their lives. CE3 - Share ideas, information, personal feelings, and knowledge with others.
Lesson 12: My Friend is Sad	Helping a sad friend; empathy; cheering self and others up	PHE-SCH3 - Identify caring behaviours among classmates and within families.
Lesson 13: Feelings	Emotion vocabulary; recognizing feelings in self and others; healthy expression	PHE-SCH3 - Identify caring behaviours among classmates and within families. PHE-MWB2 - Identify and describe feelings and worries. PHE-MWB3 - Identify personal skills, interests, and preferences. ELA-WSR2 - Use language to identify, create, and share ideas, feelings, opinions, and preferences. CE3 - Share ideas, information, personal feelings, and knowledge with others.
Lesson 14: Making Mistakes	Mistakes; learning and growth; positive self-talk; trying again	PHE-SCH1 - Identify and describe a variety of unsafe and/or uncomfortable situations.
Lesson 15: Optimism	Trying new things; asking for help; positive attitude; perseverance	

Grade 1 Curriculum Alignment with Project 11

P11 Lesson	P11 Focus	British Columbia Curricular Competencies
Lesson 1: Proud to Be Me!	Self-awareness; uniqueness; sharing talents; confidence	PHE-HAL4 - Identify opportunities to make choices that contribute to health and well-being. PHE-MWB3 - Identify personal skills, interests, and preferences. ELA-RLV6 - Recognize the importance of story in personal, family, and community identity. ELA-WSR3 - Create stories and other texts to deepen awareness of self, family, and community. CE1 - Identify and appreciate their personal attributes, skills, interests, and accomplishments. CE3 - Share ideas, information, personal feelings, and knowledge with others.
Lesson 2: I Like Myself	Self-worth; identity; appreciation of differences	PHE-HAL4 - Identify opportunities to make choices that contribute to health and well-being. PHE-MWB3 - Identify personal skills, interests, and preferences. ELA-RLV6 - Recognize the importance of story in personal, family, and community identity. ELA-WSR3 - Create stories and other texts to deepen awareness of self, family, and community. CE1 - Identify and appreciate their personal attributes, skills, interests, and accomplishments. CE3 - Share ideas, information, personal feelings, and knowledge with others.
Lesson 3: Emotions	Identifying emotions; non-verbal cues; body language	PHE-MWB2 - Identify and describe feelings and worries. PHE-MWB3 - Identify personal skills, interests, and preferences.
Lesson 4: Feelings Chart	Daily emotional check-ins; tracking and naming feelings	PHE-MWB1 - Identify and describe practices that promote mental well-being. PHE-MWB2 - Identify and describe feelings and worries. PHE-MWB3 - Identify personal skills, interests, and preferences.
Lesson 5: Class Collection of Feelings	Comparing class feelings; respecting different emotional experiences	PHE-PL3 - Develop and demonstrate safety, fair play, and leadership in physical activities. PHE-SCH2 - Develop and demonstrate respectful behaviour when participating in activities with others. PHE-SCH3 - Identify caring behaviours among classmates and within families. PHE-MWB2 - Identify and describe feelings and worries. CE2 - Recognize the importance of positive relationships in their lives.
Lesson 6: Anger Thermometer	Anger awareness; body signals; calming strategies	
Lesson 7: Peanut Butter and Cupcake	Making friends; courage; social behaviours	CE2 - Recognize the importance of positive relationships in their lives.
Lesson 8: How to Be a Good Friend	Kindness; friendship qualities; self-reflection	PHE-PL3 - Develop and demonstrate safety, fair play, and leadership in physical activities. PHE-SCH2 - Develop and demonstrate respectful behaviour when participating in activities with others. PHE-SCH3 - Identify caring behaviours among classmates and within families. CE2 - Recognize the importance of positive relationships in their lives. CE3 - Share ideas, information, personal feelings, and knowledge with others.
Lesson 9: Being a Good Classmate	Responsible social behaviours; kindness; classroom community	PHE-PL3 - Develop and demonstrate safety, fair play, and leadership in physical activities. PHE-SCH2 - Develop and demonstrate respectful behaviour when participating in activities with others. PHE-SCH3 - Identify caring behaviours among classmates and within families. CE2 - Recognize the importance of positive relationships in their lives. CE3 - Share ideas, information, personal feelings, and knowledge with others.

Lesson 10: The Zax	Peaceful conflict resolution; listening; compromise	CE2 - Recognize the importance of positive relationships in their lives.
Lesson 11: Work It Out	Conflict causes; kindness during disagreement; peaceful strategies	CE2 - Recognize the importance of positive relationships in their lives.
Lesson 12: Giraffes Can't Dance	Perseverance; encouragement; believing in yourself	
Lesson 13: Positive Self-Talk	Perseverance; confidence; encouraging inner voice	PHE-HAL4 - Identify opportunities to make choices that contribute to health and well-being. PHE-MWB1 - Identify and describe practices that promote mental well-being. CE1 - Identify and appreciate their personal attributes, skills, interests, and accomplishments.
Lesson 14: Encouragement	Encouraging others; kindness; positive peer influence	PHE-SCH3 - Identify caring behaviours among classmates and within families.
Lesson 15: Making Mistakes	Learning from mistakes; trying again; growth mindset	PHE-SCH1 - Describe ways to prevent and respond to a variety of unsafe and/or uncomfortable situations.

Grade 2 Curriculum Alignment with Project 11

P11 Lesson	P11 Focus	British Columbia Curricular Competencies
Lesson 1: Friendships	Healthy friendship qualities; trust; kindness; cooperation	PHE-SCH2 - Develop and demonstrate respectful behaviour when participating in activities with others. PHE-SCH3 - Identify and describe characteristics of positive relationships. PHE-MWB1 - Identify and apply strategies that promote mental well-being. CE2 - Recognize the importance of positive relationships in their lives. CE4 - Work respectfully and constructively with others to achieve common goals.
Lesson 2: Courage	Courage; confidence; asking for and offering support	PHE-SCH1 - Identify and describe avoidance or assertiveness strategies to use in unsafe and/or uncomfortable situations. PHE-MWB1 - Identify and apply strategies that promote mental well-being.
Lesson 3: Encouragement	Positive words; motivation; supporting peers	PHE-MWB1 - Identify and apply strategies that promote mental well-being.
Lesson 4: Be Kind	Kindness; compliments; inclusion; positive communication	PHE-PL3 - Develop and demonstrate safety, fair play, and leadership in physical activities. PHE-SCH2 - Develop and demonstrate respectful behaviour when participating in activities with others. PHE-SCH3 - Identify and describe characteristics of positive relationships. PHE-MWB1 - Identify and apply strategies that promote mental well-being.
Lesson 5: How Full is Your Bucket?	Bucket fillers; emotional wellbeing; caring actions	PHE-SCH2 - Develop and demonstrate respectful behaviour when participating in activities with others. PHE-SCH3 - Identify and describe characteristics of positive relationships. PHE-MWB1 - Identify and apply strategies that promote mental well-being.
Lesson 6: Breathe	Mindfulness; breathing; relaxation; stress management	PHE-MWB1 - Identify and apply strategies that promote mental well-being.
Lesson 7: Empathy	Empathy; feelings; non-verbal cues; caring responses	PHE-MWB1 - Identify and apply strategies that promote mental well-being.
Lesson 8: Loyalty	Loyalty; trust; teamwork; sticking together	PHE-SCH3 - Identify and describe characteristics of positive relationships. PHE-MWB1 - Identify and apply strategies that promote mental well-being. CE2 - Recognize the importance of positive relationships in their lives.
Lesson 9: Growth Mindset	Growth mindset; mistakes; goal setting; perseverance	PHE-PL3 - Develop and demonstrate safety, fair play, and leadership in physical activities. PHE-HAL5 - Explore and describe components of healthy living. PHE-MWB1 - Identify and apply strategies that promote mental well-being. PHE-MWB2 - Identify and describe feelings and worries, and strategies for dealing with them.

Lesson 10: Can I Join Your Club?	Inclusion; belonging; friendship qualities; body language	PHE-SCH2 - Develop and demonstrate respectful behaviour when participating in activities with others. PHE-MWB1 - Identify and apply strategies that promote mental well-being. CE2 - Recognize the importance of positive relationships in their lives. CE4 - Work respectfully and constructively with others to achieve common goals.
Lesson 11: Words Matter	Hurtful words; teasing; emotional safety; kindness	PHE-MWB1 - Identify and apply strategies that promote mental well-being. PHE-MWB2 - Identify and describe feelings and worries, and strategies for dealing with them.
Lesson 12: Sorry	Sincere apologies; repairing harm; communication	PHE-MWB1 - Identify and apply strategies that promote mental well-being. PHE-MWB2 - Identify and describe feelings and worries, and strategies for dealing with them.
Lesson 13: Shi-shi-etko	Family traditions; memories; cultural connection; belonging	PHE-MWB1 - Identify and apply strategies that promote mental well-being. ELA-RLV6 - Demonstrate awareness of the role that story plays in personal, family, and community identity. ELA-RLV7 - Use personal experience and knowledge to connect to stories and other texts to make meaning. CE2 - Recognize the importance of positive relationships in their lives. CE3 - Share ideas, information, personal feelings, and knowledge with others.
Lesson 14: Problem Solving 101	Problem-solving; decision-making; asking for help	PHE-SCH1 - Identify and describe avoidance or assertiveness strategies to use in unsafe and/or uncomfortable situations. PHE-MWB1 - Identify and apply strategies that promote mental well-being. PHE-MWB2 - Identify and describe feelings and worries, and strategies for dealing with them.
Lesson 15: Small Steps, Big Difference	Kindness; helping others; positive action; community impact	PHE-MWB1 - Identify and apply strategies that promote mental well-being.

Grade 3 Curriculum Alignment with Project 11

P11 Lesson	P11 Focus	British Columbia Curricular Competencies
Lesson 1: Ruby the Copycat	Behaviour awareness; friendship; being yourself; good citizenship	PHE-SCH1 - Identify and describe avoidance or assertiveness strategies to use in unsafe and/or uncomfortable situations. ELA-RLV7 - Explain the role that story plays in personal, family, and community identity. CE1 - Identify and appreciate their personal attributes, skills, interests, and accomplishments.
Lesson 2: Citizenship	Classroom citizenship; responsibility; respect; class treaty	PHE-SCH2 - Describe and apply strategies for developing and maintaining positive relationships. ELA-RLV7 - Explain the role that story plays in personal, family, and community identity. CE2 - Recognize the importance of positive relationships in their lives.
Lesson 3: Kindness is Cooler	Acts of kindness; home, school and community; paying kindness forward	PHE-MWB1 - Identify and apply strategies that promote mental well-being.
Lesson 4: Gossip	Power of words; rumours; responsible communication	PHE-SCH1 - Identify and describe avoidance or assertiveness strategies to use in unsafe and/or uncomfortable situations.
Lesson 5: Just Kidding	Playful vs. hurtful teasing; respectful responses; kindness	PHE-SCH1 - Identify and describe avoidance or assertiveness strategies to use in unsafe and/or uncomfortable situations.
Lesson 6: Teasing - Bystander Strategies	Bystander strategies; teasing prevention; helping others	PHE-SCH1 - Identify and describe avoidance or assertiveness strategies to use in unsafe and/or uncomfortable situations.
Lesson 7: The Invisible Boy	Belonging; inclusion; loneliness; small acts of kindness	PHE-SCH2 - Describe and apply strategies for developing and maintaining positive relationships. CE2 - Recognize the importance of positive relationships in their lives.
Lesson 8: Spread the Love	Peer appreciation; positive qualities; teamwork; encouragement	
Lesson 9: Act It Out	Feeling left out; inclusion strategies; calm responses	
Lesson 10: People Search	Visibility; belonging; getting to know classmates; inclusion	PHE-SCH2 - Describe and apply strategies for developing and maintaining positive relationships. CE2 - Recognize the importance of positive relationships in their lives.
Lesson 11: A Walk in the Rain with a Brain	Unique talents; brain differences; strengths; self-awareness	PHE-MWB1 - Identify and apply strategies that promote mental well-being.

Lesson 12: Positive Thoughts, Words and Actions	Thoughts, words and actions; brain health; positive interactions	PHE-MWB1 - Identify and apply strategies that promote mental well-being.
Lesson 13: Setting Goals	Strengths; brain growth; short-term goals; action planning	PHE-MWB1 - Identify and apply strategies that promote mental well-being. CE6 - Set and achieve realistic learning goals for themselves.
Lesson 14: Bubblegum Brain	Growth mindset; flexible thinking; fixed vs. growth mindset	PHE-MWB1 - Identify and apply strategies that promote mental well-being.
Lesson 15: The Power of YET	Optimistic thinking; growth mindset; positive perspective; resilience	PHE-MWB1 - Identify and apply strategies that promote mental well-being.

Grade 4 Curriculum Alignment with Project 11

P11 Lesson	P11 Focus	British Columbia Curricular Competencies
Lesson 1: Self Awareness	Self-awareness; identity; personal qualities; uniqueness	PHE-HAL6 - Identify and apply strategies for pursuing personal healthy-living goals. PHE-MWB1 - Describe and assess strategies for promoting mental well-being. PHE-MWB4 - Describe factors that positively influence mental well-being and self-identity. CE1 - Identify and appreciate their personal attributes, skills, interests, and accomplishments and their growth over time.
Lesson 2: Character Strengths	Character strengths; self-reflection; positive attributes	PHE-PL4 - Develop and demonstrate safety, fair play, and leadership in physical activities. PHE-HAL6 - Identify and apply strategies for pursuing personal healthy-living goals. PHE-MWB1 - Describe and assess strategies for promoting mental well-being. PHE-MWB4 - Describe factors that positively influence mental well-being and self-identity. CE1 - Identify and appreciate their personal attributes, skills, interests, and accomplishments and their growth over time.
Lesson 3: Gratitude	Gratitude; positive emotions; thankfulness; classroom community	PHE-MWB1 - Describe and assess strategies for promoting mental well-being. CE1 - Identify and appreciate their personal attributes, skills, interests, and accomplishments and their growth over time.
Lesson 4: Flexible Thinking	Flexible thinking; healthy choices; problem-solving; positive mindset	PHE-HAL6 - Identify and apply strategies for pursuing personal healthy-living goals. PHE-MWB1 - Describe and assess strategies for promoting mental well-being. PHE-MWB4 - Describe factors that positively influence mental well-being and self-identity. CE5 - Use innovative thinking when solving problems.
Lesson 5: Problem Solving	Problem-solving steps; identifying the true problem; choosing solutions	PHE-HAL4 - Identify and describe factors that influence healthy choices. PHE-HAL6 - Identify and apply strategies for pursuing personal healthy-living goals. PHE-SCH1 - Identify and describe avoidance or assertiveness strategies to use in unsafe and/or uncomfortable situations. PHE-MWB1 - Describe and assess strategies for promoting mental well-being. PHE-MWB4 - Describe factors that positively influence mental well-being and self-identity. CE5 - Use innovative thinking when solving problems.
Lesson 6: Conflict Resolution	Win-win solutions; resolving disagreements; cooperation	PHE-HAL4 - Identify and describe factors that influence healthy choices. PHE-HAL6 - Identify and apply strategies for pursuing personal healthy-living goals. PHE-SCH1 - Identify and describe avoidance or assertiveness strategies to use in unsafe and/or uncomfortable situations. PHE-MWB1 - Describe and assess strategies for promoting mental well-being.
Lesson 7: Apologizing	Sincere apologies; accountability; repairing harm	PHE-MWB1 - Describe and assess strategies for promoting mental well-being.
Lesson 8: Active Listening	Listening skills; verbal/nonverbal communication; respectful conversation	PHE-MWB1 - Describe and assess strategies for promoting mental well-being.
Lesson 9: Empathy	Empathy; recognizing feelings; supporting others	PHE-MWB1 - Describe and assess strategies for promoting mental well-being.
Lesson 10: Trouble Talk	Gossip; rumours; hurtful words; respectful communication	PHE-SCH2 - Describe and assess strategies for responding to discrimination, stereotyping, and bullying.

Lesson 11: Reporting vs. Tattling	Reporting; tattling; safety; responsible communication	PHE-SCH2 - Describe and assess strategies for responding to discrimination, stereotyping, and bullying.
Lesson 12: Mindfulness	Mindful breathing; body scan; gratitude; self-regulation	PHE-HAL4 - Identify and describe factors that influence healthy choices. PHE-HAL6 - Identify and apply strategies for pursuing personal healthy-living goals. PHE-MWB1 - Describe and assess strategies for promoting mental well-being. PHE-MWB4 - Describe factors that positively influence mental well-being and self-identity. CE1 - Identify and appreciate their personal attributes, skills, interests, and accomplishments and their growth over time.
Lesson 13: Working With Others	Cooperation; communication; group work; collaboration	PHE-PL4 - Develop and demonstrate safety, fair play, and leadership in physical activities. PHE-SCH3 - Describe and apply strategies for developing and maintaining positive relationships. CE2 - Recognize the need for others who can support their learning and personal growth.
Lesson 14: Stress	Stress awareness; stress responses; coping strategies	PHE-HAL4 - Identify and describe factors that influence healthy choices. PHE-MWB1 - Describe and assess strategies for promoting mental well-being.
Lesson 15: Goal Setting	SMART goals; wishes vs. goals; action steps; personal growth	PHE-HAL4 - Identify and describe factors that influence healthy choices. PHE-HAL6 - Identify and apply strategies for pursuing personal healthy-living goals. PHE-SCH1 - Identify and describe avoidance or assertiveness strategies to use in unsafe and/or uncomfortable situations. PHE-MWB1 - Describe and assess strategies for promoting mental well-being. CE5 - Use innovative thinking when solving problems. CE7 - Set realistic short- and longer-term learning goals, define a path, and monitor progress.

Grade 5 Curriculum Alignment with Project 11

P11 Lesson	P11 Focus	British Columbia Curricular Competencies
Lesson 1: Friendship Traits	Friendship qualities; positive/negative traits; vocabulary; healthy relationships	PHE-SCH2 - Describe and assess strategies for responding to discrimination, stereotyping, and bullying. PHE-SCH2 - Describe and apply strategies for developing and maintaining healthy relationships. PHE-MWB1 - Describe and assess strategies for promoting mental well-being, for self and others. PHE-MWB2 - Describe and assess strategies for managing problems related to mental well-being and substance use, for others. CE10 - Appreciate the influence of peer relationships, family, and community on personal choices and goals.
Lesson 2: A Good Friend	Healthy friendship qualities; self-respect; boundaries; choosing supportive friends	PHE-SCH2 - Describe and assess strategies for responding to discrimination, stereotyping, and bullying. PHE-SCH2 - Describe and apply strategies for developing and maintaining healthy relationships. PHE-MWB1 - Describe and assess strategies for promoting mental well-being, for self and others. PHE-MWB2 - Describe and assess strategies for managing problems related to mental well-being and substance use, for others. CE10 - Appreciate the influence of peer relationships, family, and community on personal choices and goals.
Lesson 3: Friendship Self-Reflection	Self-reflection; personal friendship strengths/challenges; improving relationships	PHE-SCH2 - Describe and apply strategies for developing and maintaining healthy relationships. PHE-MWB1 - Describe and assess strategies for promoting mental well-being, for self and others. PHE-MWB2 - Describe and assess strategies for managing problems related to mental well-being and substance use, for others. CE10 - Appreciate the influence of peer relationships, family, and community on personal choices and goals.
Lesson 4: My Friendship Bullseye	Support systems; circles of connection; emotional/social/physical supports	PHE-SCH2 - Describe and assess strategies for responding to discrimination, stereotyping, and bullying. PHE-SCH2 - Describe and apply strategies for developing and maintaining healthy relationships. PHE-MWB1 - Describe and assess strategies for promoting mental well-being, for self and others. PHE-MWB2 - Describe and assess strategies for managing problems related to mental well-being and substance use, for others. CE10 - Appreciate the influence of peer relationships, family, and community on personal choices and goals.

Lesson 5: Our Classroom Community	Classroom community; respect; inclusion; valuing differences	PHE-SCH2 - Describe and assess strategies for responding to discrimination, stereotyping, and bullying. PHE-SCH2 - Describe and apply strategies for developing and maintaining healthy relationships. PHE-SCH4 - Describe and apply strategies that promote a safe and caring environment. PHE-MWB1 - Describe and assess strategies for promoting mental well-being, for self and others. PHE-MWB2 - Describe and assess strategies for managing problems related to mental well-being and substance use, for others. ELA-WSR1 - Exchange ideas and perspectives to build shared understanding. CE2 - Recognize the need for others who can support their learning and personal growth. CE4 - Demonstrate respect for differences in the classroom. CE10 - Appreciate the influence of peer relationships, family, and community on personal choices and goals.
Lesson 6: Facial Expressions	Emotions; nonverbal cues; recognizing feelings in self and others	
Lesson 7: Whole Body Listening	Active listening; body language; respect; empathy	ELA-RLV7 - Explain the role of language in personal, social, and cultural identity.
Lesson 8: Conflict Strategies	Conflict resolution; decision making; pros/cons; choosing healthy strategies	PHE-SCH1 - Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations. PHE-SCH2 - Describe and assess strategies for responding to discrimination, stereotyping, and bullying. PHE-SCH4 - Describe and apply strategies that promote a safe and caring environment. CE5 - Use innovative thinking when solving problems. CE10 - Appreciate the influence of peer relationships, family, and community on personal choices and goals.
Lesson 9: Compliments	Genuine compliments; positive peer influence; kindness; character strengths	
Lesson 10: Respect	Respect for self and others; Golden Rule; discussion; values	PHE-SCH2 - Describe and assess strategies for responding to discrimination, stereotyping, and bullying. PHE-SCH4 - Describe and apply strategies that promote a safe and caring environment. PHE-MWB1 - Describe and assess strategies for promoting mental well-being, for self and others. ELA-WSR1 - Exchange ideas and perspectives to build shared understanding. CE1 - Identify and appreciate their personal attributes, skills, interests, and accomplishments and their growth over time. CE10 - Appreciate the influence of peer relationships, family, and community on personal choices and goals.

Lesson 11: Mick E. and Me	Self-awareness; similarities/differences; identity; connection	PHE-HAL4 - Describe the impacts of personal choices on health and well-being. PHE-MWB1 - Describe and assess strategies for promoting mental well-being, for self and others. ELA-RLV8 - Use personal experience and knowledge to connect to text and develop understanding of self, community, and world. CE1 - Identify and appreciate their personal attributes, skills, interests, and accomplishments and their growth over time. CE10 - Appreciate the influence of peer relationships, family, and community on personal choices and goals.
Lesson 12: My Personal Profile	Interests; strengths; characteristics; self-awareness; peer connection	PHE-HAL4 - Describe the impacts of personal choices on health and well-being. PHE-HAL6 - Identify, apply, and reflect on strategies used to pursue personal healthy-living goals. PHE-MWB1 - Describe and assess strategies for promoting mental well-being, for self and others. ELA-RLV8 - Use personal experience and knowledge to connect to text and develop understanding of self, community, and world. CE1 - Identify and appreciate their personal attributes, skills, interests, and accomplishments and their growth over time. CE10 - Appreciate the influence of peer relationships, family, and community on personal choices and goals.
Lesson 13: Feelings and Emotions	Emotion vocabulary; how feelings look/sound/feel; emotional awareness	PHE-MWB1 - Describe and assess strategies for promoting mental well-being, for self and others. CE1 - Identify and appreciate their personal attributes, skills, interests, and accomplishments and their growth over time.
Lesson 14: Empathy	Perspective-taking; empathy vs. sympathy; supporting others	PHE-MWB1 - Describe and assess strategies for promoting mental well-being, for self and others. PHE-MWB2 - Describe and assess strategies for managing problems related to mental well-being and substance use, for others.
Lesson 15: Seeing Red	Anger management; physical cues; cooling-off strategies; self-control	

Grade 6 Curriculum Alignment with Project 11

P11 Lesson	P11 Focus	British Columbia Curricular Competencies
Lesson 1: Stress	Stress awareness; forms of stress; personal stress ratings; stress-management resources	PHE-HAL4 - Describe the impacts of personal choices on health and well-being. PHE-MWB1 - Describe and assess strategies for promoting mental well-being, for self and others.
Lesson 2: Healthy and Unhealthy Stress	Healthy/unhealthy stress; emotions and the brain; grief and loss; expression through art	PHE-HAL4 - Describe the impacts of personal choices on health and well-being. PHE-HAL6 - Identify, apply, and reflect on strategies used to pursue personal healthy-living goals. PHE-MWB1 - Describe and assess strategies for promoting mental well-being, for self and others.
Lesson 3: Stress Reducers	Coping strategies; physical, emotional/social, and time-management stress reducers	PHE-HAL4 - Describe the impacts of personal choices on health and well-being. PHE-HAL6 - Identify, apply, and reflect on strategies used to pursue personal healthy-living goals. PHE-MWB1 - Describe and assess strategies for promoting mental well-being, for self and others.
Lesson 4: Resilience	Resilience; bouncing back; realistic personal goals	PHE-MWB1 - Describe and assess strategies for promoting mental well-being, for self and others.
Lesson 5: Signs and Symptoms	Internal/external signs of stress; body responses; stress warning signs	PHE-MWB1 - Describe and assess strategies for promoting mental well-being, for self and others.
Lesson 6: Facing Challenges	Challenges; resilience; coping strategies; healthy responses	PHE-HAL4 - Describe the impacts of personal choices on health and well-being. PHE-HAL6 - Identify, apply, and reflect on strategies used to pursue personal healthy-living goals. PHE-SCH1 - Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations. PHE-MWB1 - Describe and assess strategies for promoting mental well-being, for self and others.
Lesson 7: Positivity	Positive influences; negative influences; emotional reflection	PHE-HAL4 - Describe the impacts of personal choices on health and well-being. PHE-HAL6 - Identify, apply, and reflect on strategies used to pursue personal healthy-living goals.
Lesson 8: Self-Care	Self-care; stress reduction; building inner strength	PHE-MWB1 - Describe and assess strategies for promoting mental well-being, for self and others.
Lesson 9: Optimism	Optimistic thinking; positive perspective; strategies for optimism	
Lesson 10: SMART Goals	SMART goals; future planning; dream board; optimism	PHE-HAL6 - Identify, apply, and reflect on strategies used to pursue personal healthy-living goals. PHE-MWB1 - Describe and assess strategies for promoting mental well-being, for self and others. CE9 - Set realistic short- and longer-term learning goals, define a path, and monitor progress.
Lesson 11: Managing Emotions	Emotional expression; healthy/unhealthy reactions; perspective-taking	PHE-MWB1 - Describe and assess strategies for promoting mental well-being, for self and others.
Lesson 12: Support Networks	Support systems; community connections; helping others	PHE-MWB1 - Describe and assess strategies for promoting mental well-being, for self and others. CE4 - Appreciate the importance of respect, inclusivity, and other positive behaviours in diverse, collaborative learning, and work environments. CE5 - Question self and others about the reciprocal relationship between self and community.
Lesson 13: Setting Boundaries	Morals and values; classroom boundaries; personal boundaries	PHE-HAL4 - Describe the impacts of personal choices on health and well-being. PHE-SCH1 - Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations. PHE-SCH3 - Describe and apply strategies for developing and maintaining healthy relationships. PHE-MWB1 - Describe and assess strategies for promoting mental well-being, for self and others.

Lesson 14: Communicating Limits	Healthy boundaries; communicating limits; role play	PHE-SCH1 - Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations. PHE-SCH3 - Describe and apply strategies for developing and maintaining healthy relationships. PHE-MWB1 - Describe and assess strategies for promoting mental well-being, for self and others.
Lesson 15: Crossing Boundaries	Healthy/unhealthy boundaries; saying no; refusal strategies	PHE-SCH1 - Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations. PHE-SCH3 - Describe and apply strategies for developing and maintaining healthy relationships. PHE-MWB1 - Describe and assess strategies for promoting mental well-being, for self and others.

Grade 7 Curriculum Alignment with Project 11

P11 Lesson		P11 Focus	British Columbia Curricular Competencies
Lesson 1: Mental Wellness		Mental wellness; physical and mental supports; help-seeking	PHE-HAL4 - Identify factors that influence healthy choices and explain their potential health effects. PHE-HAL7 - Reflect on outcomes of personal healthy-living goals and assess strategies used. PHE-SCH4 - Explore strategies for promoting the health and well-being of the school and community. PHE-MWB1 - Describe and assess strategies for promoting mental well-being, for self and others.
Lesson 2: Win-Win		Win-win thinking; conflict outcomes; problem solving	PHE-HAL4 - Identify factors that influence healthy choices and explain their potential health effects. PHE-HAL7 - Reflect on outcomes of personal healthy-living goals and assess strategies used. PHE-SCH2 - Describe and assess strategies for responding to discrimination, stereotyping, and bullying. PHE-SCH3 - Describe and apply strategies for developing and maintaining healthy relationships. PHE-SCH4 - Explore strategies for promoting the health and well-being of the school and community. PHE-MWB1 - Describe and assess strategies for promoting mental well-being, for self and others.
Lesson 3: Attitudes and Behaviours		Positive attitudes; reframing negative thoughts; uniqueness	PHE-HAL4 - Identify factors that influence healthy choices and explain their potential health effects. PHE-MWB1 - Describe and assess strategies for promoting mental well-being, for self and others.
Lesson 4: Anger		Anger management; calming strategies; self-regulation	
Lesson 5: Obstacles		Obstacles; problem-solving; overcoming challenges	PHE-HAL4 - Identify factors that influence healthy choices and explain their potential health effects. PHE-SCH1 - Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations.

Lesson 6: Mental and Physical Fitness		Mental health stigma; compassion; mental and physical wellness	PHE-HAL4 - Identify factors that influence healthy choices and explain their potential health effects. PHE-HAL6 - Identify and apply strategies to pursue personal healthy-living goals. PHE-MWB1 - Describe and assess strategies for promoting mental well-being, for self and others.
Lesson 7: Use and Abuse		Substance use and abuse; addiction; safe medication use	PHE-HAL4 - Identify factors that influence healthy choices and explain their potential health effects.
Lesson 8: Personal Goal Setting		Long-term goals; SMART goals; self-monitoring	PHE-HAL6 - Identify and apply strategies to pursue personal healthy-living goals. PHE-HAL7 - Reflect on outcomes of personal healthy-living goals and assess strategies used. PHE-MWB1 - Describe and assess strategies for promoting mental well-being, for self and others. CE9 - Set realistic short- and longer-term learning goals, define a path, and monitor progress.
Lesson 9: Problem Solving		Accept/ignore/make a change; problem-solving choices	PHE-HAL6 - Identify and apply strategies to pursue personal healthy-living goals. PHE-HAL7 - Reflect on outcomes of personal healthy-living goals and assess strategies used. PHE-SCH1 - Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations. PHE-SCH4 - Explore strategies for promoting the health and well-being of the school and community. PHE-MWB1 - Describe and assess strategies for promoting mental well-being, for self and others.
Lesson 10: Decisions That Affect Our Future		Serious decisions; consequences; decision-making reflection	PHE-SCH1 - Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations.
Lesson 11: Compliments		Meaningful compliments; positive peer support; self-worth	

Lesson 12: Healthy Communication		Passive, aggressive, and assertive communication	PHE-SCH1 - Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations. PHE-SCH2 - Describe and assess strategies for responding to discrimination, stereotyping, and bullying. PHE-SCH3 - Describe and apply strategies for developing and maintaining healthy relationships. PHE-SCH4 - Explore strategies for promoting the health and well-being of the school and community. PHE-MWB1 - Describe and assess strategies for promoting mental well-being, for self and others. PHE-MWB2 - Describe and assess strategies for managing problems related to mental well-being and substance use, for others. ELA-RLV7 - Recognize how language constructs personal, social, and cultural identity. ELA-WSR1 - Exchange ideas and viewpoints to build shared understanding and extend thinking.
Lesson 13: Mental Skills		Mental skills; calm breathing; mindfulness	PHE-HAL4 - Identify factors that influence healthy choices and explain their potential health effects. PHE-HAL7 - Reflect on outcomes of personal healthy-living goals and assess strategies used. PHE-SCH1 - Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations. PHE-MWB1 - Describe and assess strategies for promoting mental well-being, for self and others.
Lesson 14: Reciprocal Relationships		Support networks; reciprocal friendships; emotional support	PHE-SCH3 - Describe and apply strategies for developing and maintaining healthy relationships. PHE-SCH4 - Explore strategies for promoting the health and well-being of the school and community. CE5 - Question self and others about the reciprocal relationship between self and community.
Lesson 15: Social Factors		Media/social influences; positive and negative influences on teens	PHE-HAL4 - Identify factors that influence healthy choices and explain their potential health effects. PHE-SCH1 - Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations. PHE-SCH4 - Explore strategies for promoting the health and well-being of the school and community. CE2 - Question self and others about how their personal public identity can have both positive and negative consequences.

Grade 8 Curriculum Alignment with Project 11

P11 Lesson	P11 Focus	British Columbia Curricular Competencies
Lesson 1: Self Esteem	Self-esteem; confidence; positive messages; self-consciousness	PHE-MWB1 - Describe and assess strategies for promoting mental well-being, for self and others. CE1 - Use self-assessment and reflection to develop awareness of their strengths, preferences, and skills.
Lesson 2: Anxiety	Anxiety symptoms; body cues; coping strategies; personal reflection	
Lesson 3: Stereotyping	Stereotyping; unfair judgement; bias; acceptance of others	PHE-SCH2 - Propose strategies for responding to discrimination, stereotyping, and bullying.
Lesson 4: Seeking Out Facts	Depression facts; mental health support; valid information; peer education	CE1 - Use self-assessment and reflection to develop awareness of their strengths, preferences, and skills.
Lesson 5: Peer Pressure	Healthy/unhealthy peer pressure; refusal; role play; influence	PHE-SCH2 - Propose strategies for responding to discrimination, stereotyping, and bullying.
Lesson 6: Focus	Mindfulness; focus; distractions; organization; planning	PHE-HAL6 - Identify and apply strategies to pursue personal healthy-living goals. CE7 - Set and achieve realistic learning goals with perseverance and resilience.
Lesson 7: Sleep	Sleep hygiene; routines; research; wellness goals	
Lesson 8: Roles and Responsibilities	Roles; responsibilities; balance; best self; focus	PHE-SCH2 - Propose strategies for responding to discrimination, stereotyping, and bullying.
Lesson 9: Resiliency	Resiliency; bouncing back; goal setting; coping supports	CE1 - Use self-assessment and reflection to develop awareness of their strengths, preferences, and skills. CE7 - Set and achieve realistic learning goals with perseverance and resilience.
Lesson 10: Grieving	Grief and loss; stages of grief; supporting self and others	
Lesson 11: Body Image	Body image; self-acceptance; true beauty; positive self-view	
Lesson 12: Technology and Media	Technology/media influences; attention; connection; personal goals	
Lesson 13: Nutrition	Nutrition; exercise; healthy body journal; Canada Food Guide reflection	PHE-HAL3 - Develop strategies for promoting healthy eating choices in different settings. PHE-HAL4 - Assess factors that influence healthy choices and their potential health effects. PHE-HAL6 - Identify and apply strategies to pursue personal healthy-living goals.
Lesson 14: Relationships	Healthy/unhealthy relationships; self; crush/love; friendship foundation	PHE-SCH3 - Propose strategies for developing and maintaining healthy relationships. PHE-MWB1 - Describe and assess strategies for promoting mental well-being, for self and others. ELA-WSR1 - Exchange ideas and viewpoints to build shared understanding and extend thinking. CE4 - Demonstrate respect, collaboration, and inclusivity in working with others to solve problems.
Lesson 15: Community and You	Community resources; emotional/physical/social supports; research and sharing	PHE-SCH2 - Propose strategies for responding to discrimination, stereotyping, and bullying. PHE-SCH4 - Create strategies for promoting the health and well-being of the school and community. PHE-MWB1 - Describe and assess strategies for promoting mental well-being, for self and others. CE4 - Demonstrate respect, collaboration, and inclusivity in working with others to solve problems.

Grade 9 Curriculum Alignment with Project 11

P11 Lesson	P11 Focus	British Columbia Curricular Competencies
Lesson 1: Mental Health Continuum	Introduction to mental health continuum; deeper level conversations around mental health; reflection on personal mental health; explore outside supports and strategies available to students.	PHE-SCH4 - Create strategies for promoting the health and well-being of the school and community. PHE-MWB1 - Analyze strategies for promoting mental well-being, for self and others. PHE-MWB2 - Assess and evaluate strategies for managing problems related to mental well-being and substance use, for others.
Lesson 2: Time Management	Effective time management; prioritizing tasks and responsibilities through weekly schedules and learning to balance competing demands to achieve a healthier more balanced lifestyle.	PHE-MWB1 - Analyze strategies for promoting mental well-being, for self and others.
Lesson 3: Setting Wellness Goals	Science of goal setting; role of Dopamine in motivation.	PHE-SCH4 - Create strategies for promoting the health and well-being of the school and community. PHE-MWB1 - Analyze strategies for promoting mental well-being, for self and others.
Lesson 4: Understanding Sleep	Impacts of sleep (lack of sleep) on the brain; strength in sleep habits.	PHE-MWB1 - Analyze strategies for promoting mental well-being, for self and others.
Lesson 5: Communication	Passive, assertive, and aggressive communication; effective communication strategies.	PHE-SCH1 - Propose strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations. PHE-SCH2 - Analyze strategies for responding to discrimination, stereotyping, and bullying. PHE-SCH3 - Propose strategies for developing and maintaining healthy relationships. PHE-SCH4 - Create strategies for promoting the health and well-being of the school and community. PHE-MWB1 - Analyze strategies for promoting mental well-being, for self and others. CE5 - Recognize and explore diverse perspectives on how work contributes to our community and society.
Lesson 6: Emotional Regulation	Emotional awareness; strategies for responding thoughtfully rather than reactively.	PHE-SCH2 - Analyze strategies for responding to discrimination, stereotyping, and bullying. PHE-SCH3 - Propose strategies for developing and maintaining healthy relationships. PHE-SCH4 - Create strategies for promoting the health and well-being of the school and community. PHE-MWB1 - Analyze strategies for promoting mental well-being, for self and others.

Lesson 7: Healthy Relationships	Health and unhealthy relationships; reflection on impacts of healthy and unhealthy relationships.	PHE-SCH1 - Propose strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations. PHE-SCH2 - Analyze strategies for responding to discrimination, stereotyping, and bullying. PHE-SCH3 - Propose strategies for developing and maintaining healthy relationships. PHE-SCH4 - Create strategies for promoting the health and well-being of the school and community. PHE-MWB1 - Analyze strategies for promoting mental well-being, for self and others. PHE-MWB4 - Explore and describe factors that shape personal identities, including social and cultural factors. CE5 - Recognize and explore diverse perspectives on how work contributes to our community and society.
Lesson 8: Digital Stress	Impact of digital media on mental health; non-digital activities for a balanced lifestyle.	PHE-SCH1 - Propose strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations. PHE-SCH2 - Analyze strategies for responding to discrimination, stereotyping, and bullying. PHE-SCH3 - Propose strategies for developing and maintaining healthy relationships. PHE-MWB1 - Analyze strategies for promoting mental well-being, for self and others.
Lesson 9: Self-Esteem	Impacts of self-comparison; reflection on what makes you who you are.	PHE-MWB1 - Analyze strategies for promoting mental well-being, for self and others. PHE-MWB4 - Explore and describe factors that shape personal identities, including social and cultural factors. ELA-RLV7 - Recognize how language constructs personal, social, and cultural identity. CE1 - Use self-assessment and reflection to develop awareness of their strengths, preferences, and skills.
Lesson 10: Substance Use & Addiction Awareness	Risks of substances; addictive behaviours.	PHE-SCH1 - Propose strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations. PHE-SCH4 - Create strategies for promoting the health and well-being of the school and community. PHE-MWB1 - Analyze strategies for promoting mental well-being, for self and others. PHE-MWB2 - Assess and evaluate strategies for managing problems related to mental well-being and substance use, for others.
Lesson 11: Loss, Change and Grief	Loss, change and grief; greater awareness on why change is difficult; grief associated with change.	PHE-SCH4 - Create strategies for promoting the health and well-being of the school and community. PHE-MWB1 - Analyze strategies for promoting mental well-being, for self and others. PHE-MWB4 - Explore and describe factors that shape personal identities, including social and cultural factors.

Lesson 12: Local Mental Health Resources	Explore local mental health resources.	PHE-SCH4 - Create strategies for promoting the health and well-being of the school and community. PHE-MWB1 - Analyze strategies for promoting mental well-being, for self and others. PHE-MWB4 - Explore and describe factors that shape personal identities, including social and cultural factors.
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Grade 10 Curriculum Alignment with Project 11

P11 Lesson	P11 Focus	British Columbia Curricular Competencies
Lesson 1: Classroom Community Development	Establish classroom guidelines; create a safe, trusting, and supportive classroom community centered around mental wellness.	PHE-SCH1 - Propose strategies for avoiding and responding to potentially unsafe, abusive, or exploitative situations. PHE-SCH2 - Analyze strategies for responding to discrimination, stereotyping, and bullying. PHE-SCH3 - Develop skills for maintaining healthy relationships and responding to interpersonal conflict. PHE-SCH4 - Analyze the potential effects of social influences on health. PHE-MWB1 - Evaluate and explain strategies for promoting mental well-being. ELA-CC1 - Respectfully exchange ideas and viewpoints from diverse perspectives to build shared understanding and extend thinking.
Lesson 2: Mental Health Continuum	Introduction to mental health continuum; deeper level conversations around mental health; reflection on personal mental health; explore outside supports and strategies available to students.	PHE-HAL6 - Reflect on outcomes of personal healthy-living goals and assess the effectiveness of various strategies. PHE-SCH3 - Develop skills for maintaining healthy relationships and responding to interpersonal conflict. PHE-MWB1 - Evaluate and explain strategies for promoting mental well-being. PHE-MWB2 - Explore factors contributing to substance use.
Lesson 3: Understanding Stress	Identify personal stressors; sustainable strategies for lifelong stress management.	PHE-SCH3 - Develop skills for maintaining healthy relationships and responding to interpersonal conflict. PHE-MWB1 - Evaluate and explain strategies for promoting mental well-being. PHE-MWB2 - Explore factors contributing to substance use.
Lesson 4: Cultivating Healthy Habits	Formation of habits; intentional changes; routines.	PHE-PL4 - Demonstrate safety, fair play, and leadership in physical activities. PHE-HAL6 - Reflect on outcomes of personal healthy-living goals and assess the effectiveness of various strategies. PHE-SCH1 - Propose strategies for avoiding and responding to potentially unsafe, abusive, or exploitative situations. PHE-SCH2 - Analyze strategies for responding to discrimination, stereotyping, and bullying. PHE-SCH3 - Develop skills for maintaining healthy relationships and responding to interpersonal conflict. PHE-MWB1 - Evaluate and explain strategies for promoting mental well-being. PHE-MWB2 - Explore factors contributing to substance use.
Lesson 5: A Balanced Approach to Sleep and Well-being	Sleep habits; consistent sleep routine and the overall impact on well-being; sleep/wake cycles.	PHE-SCH3 - Develop skills for maintaining healthy relationships and responding to interpersonal conflict. PHE-MWB1 - Evaluate and explain strategies for promoting mental well-being.

Lesson 6: Communication	Passive, assertive, and aggressive communication; effective communication strategies.	PHE-SCH2 - Analyze strategies for responding to discrimination, stereotyping, and bullying. PHE-SCH4 - Analyze the potential effects of social influences on health. PHE-MWB1 - Evaluate and explain strategies for promoting mental well-being.
Lesson 7: Critical Thinking in Online Environments	Critical thinking skills to evaluate the credibility and reliability of online information; develop digital literacy through experience.	PHE-SCH1 - Propose strategies for avoiding and responding to potentially unsafe, abusive, or exploitative situations. PHE-SCH2 - Analyze strategies for responding to discrimination, stereotyping, and bullying. PHE-SCH4 - Analyze the potential effects of social influences on health. PHE-MWB1 - Evaluate and explain strategies for promoting mental well-being. ELA-NM1 - Recognize the complexities of digital citizenship.
Lesson 8: Setting Boundaries in Relationships	Relationship Boundaries; physical, emotional, spiritual, and intellectual boundaries; boundary maintenance.	PHE-SCH3 - Develop skills for maintaining healthy relationships and responding to interpersonal conflict. PHE-MWB1 - Evaluate and explain strategies for promoting mental well-being.
Lesson 9: Coping and Substance Use	Explore how challenging experiences influence coping behaviours; develop understanding of the bodies natural feel-good chemicals compared to short-term relief of substances..	PHE-SCH1 - Propose strategies for avoiding and responding to potentially unsafe, abusive, or exploitative situations. PHE-MWB1 - Evaluate and explain strategies for promoting mental well-being. PHE-MWB2 - Explore factors contributing to substance use.
Lesson 10: Loss, Change and Grief	Loss, change and grief; greater awareness on why change is difficult; grief associated with change.	PHE-MWB1 - Evaluate and explain strategies for promoting mental well-being. PHE-MWB2 - Explore factors contributing to substance use.
Lesson 11: Local Mental Health Resources	Explore local mental health resources.	PHE-MWB1 - Evaluate and explain strategies for promoting mental well-being. PHE-MWB2 - Explore factors contributing to substance use.

Grade 11 Curriculum Alignment with Project 11

P11 Lesson	P11 Focus	British Columbia Curricular Competencies
Lesson 1: Classroom Community Development	Establish shared guidelines; create a safe, respectful, and connected space to explore mental health.	ELA-WSR1 - Respectfully exchange ideas and viewpoints from diverse perspectives to build shared understandings and extend thinking. ELA-RLV6 - Recognize and identify personal, social, and cultural contexts, values, and perspectives in texts, including gender, sexual orientation, and socio-economic factors. ELA-RLV10 - Understand and evaluate how literary elements and new media techniques and devices enhance and shape meaning and impact. ELA-RVL15 - Recognize the complexities of being a digital citizen. ELA-RVL17 - Understand how new media impacts social activism.
Lesson 2: Mental Health Continuum	Mental health as a part of well-being; continuum of mental health; discover helpful strategies and supports.	PHE-HWB2 - Explain the importance of maintaining personal health. PHE-HWB4 - Describe the impact of various types of physical activities on health and mental well-being. ELA-RLV6 - Recognize and identify personal, social, and cultural contexts, values, and perspectives in texts, including gender, sexual orientation, and socio-economic factors.
Lesson 3: Physical Activity & Mood	Physical activity in relation to mood.	PHE-HWB2 - Explain the importance of maintaining personal health. PHE-HWB4 - Describe the impact of various types of physical activities on health and mental well-being.
Lesson 4: Motivation and Goal Setting	Intrinsic and extrinsic motivation; motivation to live a healthy lifestyle with meaningful and achievable goals.	PHE-HWB4 - Describe the impact of various types of physical activities on health and mental well-being.
Lesson 5: Conflict Resolution	Conflict resolution strategies; communication styles; assertive skills for healthy relationships.	
Lesson 6: Digital Citizenship: Safe, Respectful, Wise Online Choices	Understand reasonable sharing and oversharing online; impacts of digital behaviours; critical thinking use for safe, respectful, and wise choices on social media.	ELA-RLV10 - Understand and evaluate how literary elements and new media techniques and devices enhance and shape meaning and impact. ELA-RVL15 - Recognize the complexities of being a digital citizen. ELA-RVL17 - Understand how new media impacts social activism.
Lesson 7: Managing Anxiety	Develop a deeper understanding of anxiety and its impacts; helpful and harmful anxiety; strategies for managing anxiety and supporting emotional well-being.	PHE-HWB2 - Explain the importance of maintaining personal health.

Lesson 8: Sleep Q&A	Sleep supports in mental health; questions and myths about sleep, reflect on personal sleep patterns and ways to maintain or improve sleep quality.	
Lesson 9: Relationships with Substances	Impacts of substances and potentially addictive behaviours; levels of substance involvement; inclusive, recovery-oriented ways to support health and well-being.	
Lesson 10: Problem Solving	Practice problem solving and decision making strategies; create space in the mind, heart, and body when addressing challenges can significantly impact outcomes.	ELA-RLV6 - Recognize and identify personal, social, and cultural contexts, values, and perspectives in texts, including gender, sexual orientation, and socio-economic factors.
Lesson 11: Loss, Change & Grief	Loss, change and grief; greater awareness on why change is difficult; grief associated with change.	
Lesson 12: Local Mental Health Resources	Explore local mental health resources.	

Grade 12 Curriculum Alignment with Project 11

P11 Lesson	P11 Focus	British Columbia Curricular Competencies
Lesson 1: Classroom Community Development	Establish shared guidelines; create a safe, respectful, and connected space to explore mental health.	ELA-RLV15 - Construct meaningful personal connections between self, text, and world. ELA-WSR1 - Respectfully exchange ideas and viewpoints from diverse perspectives to build shared understanding and transform thinking.
Lesson 2: Mental Health Continuum	Mental health as a part of well-being; continuum of mental health; discover helpful strategies and supports.	PHE-HWB2 - Demonstrate reasoned decision-making related to their personal health and well-being. ELA-RLV13 - Recognize and identify personal, social, and cultural contexts, values, and perspectives in texts, including gender, sexual orientation, and socio economic factors.
Lesson 3: Health and Balanced Lifestyles	Routines and self-compassion in a healthy balanced lifestyle; build realistic schedules that align with personal wellness goals.	PHE-HWB2 - Demonstrate reasoned decision-making related to their personal health and well-being. PHE-HAL2 - Identify, apply, and reflect on strategies used to pursue personal fitness goals. ELA-RLV13 - Recognize and identify personal, social, and cultural contexts, values, and perspectives in texts, including gender, sexual orientation, and socio economic factors.
Lesson 4: Communicating Well in a Team	Learn effective communication with teammates to support team success; practice giving and receiving respectful, constructive feedback.	PHE-SR1 - Demonstrate a variety of leadership skills in different types of fitness activities. PHE-OL2 - Communicate and collaborate effectively with others on expeditions, on teams, and in the community. ELA-RLV15 - Construct meaningful personal connections between self, text, and world. ELA-WSR1 - Respectfully exchange ideas and viewpoints from diverse perspectives to build shared understanding and transform thinking.
Lesson 5: Managing Anxiety	Develop a deeper understanding of anxiety and its impacts; helpful and harmful anxiety; strategies for managing anxiety and supporting emotional well-being.	
Lesson 6: Responsible Digital Media Use	Responsible digital media choices and their role in wellness; reflect on personal digital media habits; develop strategies with digital media.	ELA-RLV1 - Understand and appreciate the complexities of digital citizenship. ELA-RVL9 - Recognize the complexities of digital citizenship.

Lesson 7: Sense of Self	Discover identity development over time; reflect on family and community influences on identity development; core values and beliefs; learn how to build connections that support your authentic self.	PHE-HWB2 - Demonstrate reasoned decision-making related to their personal health and well-being. PHE-HAL2 - Identify, apply, and reflect on strategies used to pursue personal fitness goals. ELA-RLV11 - Appreciate and understand how language constructs personal, social, and cultural identities. ELA-RLV13 - Recognize and identify personal, social, and cultural contexts, values, and perspectives in texts, including gender, sexual orientation, and socio economic factors. ELA-RLV14 - Appreciate and understand how language constructs personal, social, and cultural identities. ELA-RLV15 - Construct meaningful personal connections between self, text, and world.
Lesson 8: Relationship Health	Healthy Relationships in mental wellness; strategies to increase independence; reflection on personal healthy relationship skills.	
Lesson 9: Sleep Q&A	Sleep supports in mental health; questions and myths about sleep, reflect on personal sleep patterns and ways to maintain or improve sleep quality.	
Lesson 10: Loss, Change & Grief	Loss, change and grief; greater awareness on why change is difficult; grief associated with change.	
Lesson 11: Substances and Mental Health	Consider how lifestyle choices impact your well-being; learn how to support individuals facing specific mental health and addiction challenges.	
Lesson 12: Local Mental Health Resources	Explore local mental health resources.	