

Personal Safety and Injury Prevention



Making Healthy Choices

C2.3 Safe and positive social interaction, conflict management

Program:

Friends for Life - The Friends for Life program is designed to teach children and youth important emotional and social skills that they can apply to their daily lives. These skills build resilience which protects individuals against stress and enables them to meet the challenges of difficult situations. To offer this program in a classroom there needs to be a commitment for a 40 – 60 minute class each week for 7 – 10 weeks. Classroom teachers play an important collaborative role by reinforcing the lessons learned each week. Therefore, their presence and involvement during the sessions are encouraged.

Resources will be provided for classes to use between sessions. When able, individual classroom needs will be adapted into the program.

“Our Minds Matter” - The Chatham-Kent Public Health Unit encourages and promotes the positive mental well-being of all Chatham-Kent residents. A healthy lifestyle of eating well, daily physical activity, avoiding tobacco and other substances can go a long way in promoting mental well-being.

Resources:

- [Our Minds Matter](#)

Making Connections for Healthy Living

C3.2 Responsibilities, risks – care for self and others, safety practices

Resources:

- [Ultraviolet Detecting Beads Lesson Plan](#)
- [Ontario Sun Safety Working Group - Websites for Educators](#)
- [Melanoma Network of Canada – Educator Resources](#)
- [Free Sun Safety Resources](#)
- [Parachute Canada Website \(Brain Day\)](#)