Personal Safety and Injury Prevention



Understanding Health Concepts

C1.1 Benefits and dangers - technology

Program:

Growth and Development -This 1 hour 20 minute session, presented by a Public Health Nurse covers:

- Benefits and Dangers technology (personal safety internet, sexting, etc.)
- Delaying Sexual Activity (abstinence, healthy relationships)
- STI's (transmission, diagnosis, treatment, bacterial vs. viral, prevention and protection)
- STI and pregnancy prevention (various methods of contraception, condom use and application, etc)
- Sexual Health and Decision Making (healthy and unhealthy relationships, consent, maturity, responsibility)
- Relationship changes at puberty (privacy, interest in opposite sex, etc.)

Resources:

- Internet Safety Need help now
- Teachers Resources for Internet Safety

Making i	Healthy	Choices

C2.2 Impact – bullying harassment