**North East School Division**

**Psychology 20.7 - Outcome**

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| **Unpacking the Outcome**  |
| Investigate --> connections (mental health and personal environment)  |
| **Outcome**(circle the verb and underline the qualifiers)  |
| P20.7 Investigate connections between mental health and personal environment in relation to holistic development and behaviour.  |
| **KNOW**  | **UNDERSTAND**  | **BE ABLE TO DO**  |
| Vocabulary: WorldviewCultureGenderStressAnxietySelf-esteemHolisticResilencyAddictionProject ideas: * Public Service Announcements, video, advertisements, pamphlet, picture book (\*1)
 | T**hat** **Worldview:****Understand that our personal worldview affects our behaviour and self-esteem. (physical, mental, emotional, spiritual,financial)** **Coping Strategies – self and society****Understand that stress an**d anxiety affect people in different ways and that their culture may influence how they respond. Understand there are numerous strategies used to deal with emotions.AddictionsDiscuss relationships between health, substance abuse and addictions and the influence of one’s personal environment. | 1. Examine how an individual makes sense of the world and how worldview influences behaviour.
2. Critique in what ways culture, gender, worldview and self-esteem influence perception.
3. Investigate influences of spirituality in holistic development and behaviour of self and others.
4. Discuss relationships between health, substance abuse and addictions and the influence of one’s personal environment.
5. Evaluate how stress and anxiety (e.g., finances, family, social, work, nutrition, physical health) can have an impact on emotional health and well-being and research best practice treatments and supports.
6. Explore how various cultures define and cope with anxiety and identify strategies used to deal with related emotions.
7. Create a plan that presents resources available in own community to develop resiliency and coping strategies.
8. Investigate common misconceptions that can have an impact on accessing mental health treatments and resources and develop a project \*1 to dispel negative perceptions.
9. Examine studies that present a correlation between drug, alcohol, chemical use and effects on one’s mental health.
10. Examine the impact of addiction on one’s relationships (e.g., friends, family).
11. Investigate consequences of substance misuse on adolescent brain development.
12. Differentiate between society’s views on physical health and mental health.
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| **ESSENTIAL QUESTIONS**  |
|  How does your worldview affect your decisions?Why is it important to recognize we don’t all have the same worldview?Why is it important to recognize stress and anxiety ourselves?What are some misconceptions around mental health that prevent people from getting help? |