

**HECAT Curriculum Behavioral and Health Outcomes**

Promoting Sexual Health (SH)

Promoting HECAT Mental and Emotional Health (MEH) MEH-

HECAT Sexual Health Outcomes	Healthy Futures – Nu Culture
SH-1. Establish and maintain healthy relationships.	6.1 Qualities of a good friend 6.4 Interpersonal Interactions and Romantic Relationships 6.5 Healthy Relationships with Family and Peers 6.7 Conflict Resolution Skills, Sexual Abuse and Cyber Assault 7.5. Rules, Limits and Boundaries 8.6 Healthy and Unhealthy Relationships
SH-2. Be sexually abstinent.	6.6 Abstinence and Refusal Skills 7.6 Sexually Transmitted Infections 8.4 Sexually Transmitted Infections
SH-3. Engage in behaviors that prevent or reduce sexually transmitted disease (STD), including HIV infection.	6.6 Abstinence 7.6 Sexually Transmitted Infections 8.4 Sexually Transmitted Infections
SH-4. Engage in behaviors that prevent or reduce unintended pregnancy.	6.6 Abstinence and Refusal Skills 7.5 Puberty and Pregnancy Review 8.2 Puberty, Pregnancy and Abstinence 8.3 Contraception 8.4 Sexually Transmitted Infections
SH-5. Avoid pressuring others to engage in sexual behaviors.	6.6 Abstinence and Refusal Skills 7.4 Peer Pressure and Refusal Skills 7.7 Sexual Offenses 8.7 Peer Pressure and Avoiding Risky Behavior 8.8 Sex and the Law
SH-6. Support others to avoid or reduce sexual risk behaviors.	6.1 Qualities of a Good Friend 6.6 Abstinence and Refusal Skills 7.4 Stress, Positive Character Traits and Peer Pressure 7.5. Rules, Limits and Boundaries

	<p>8.6 Healthy and Unhealthy Relationships 8.7 Peer Pressure and Avoiding Risky Behaviors</p>
<p>SH-7. Treat others with courtesy and respect without regard to their sexuality.</p>	<p>6.3 Gender Reflection, Emotional Needs, Identity and Self Concept 6.1 Social Norming and Group Rights and Responsibilities 7.1 Social Norming and Group Rights and Responsibilities 8.1 Social Norming and Group Rights and Responsibilities</p>
<p>SH-8. Use appropriate health services to promote sexual health.</p>	<p>6.7 Sexual Abuse Resources 7.6 Resources</p>
<p>SH-9 Give and receive consent in all situations.</p>	<p>6.6 Its Okay to Say “No” 7.7 Sexual offences 8.7 Characteristics of Healthy and Unhealthy Relationships 8.8 Sex and the Law</p>
<p><b>HECAT Mental and Emotional Health</b></p>	
<p>MEH-2. Engage in activities that are mentally and emotionally healthy.</p>	<p>6.1 Introduction to Healthy Futures, Understanding the Qualities of a Good Friend and Positive Personal Character Traits 7.1 Keys to Success 8.1 Goals and Dreams, Healthy Relationships and Emotional Needs 8.5 Emotional Needs and Bonding</p>
<p>MEH-3. Prevent and manage interpersonal conflict in healthy ways.</p>	<p>6.4 Interpersonal Interactions and Romantic Relationships 6.5 Healthy Relationships with Family and Peers 6.7 Conflict Resolution Skills; Sexual Abuse and Cyber Assault 7.2 Basic Human Needs, Levels of Friendship 8.1 Goals and Dreams, Healthy Relationships and Emotional Needs 8.6 Healthy and Unhealthy Relationships</p>

<p>MEH-4. Prevent and manage emotional stress and anxiety in healthy ways.</p>	<p>6.3 Gender Reflection, Emotional Needs, Identity and Self Concept 7.4. Stress, Positive Character Traits, Peer Pressure 8.1 Goals and Dreams, Healthy Relationships and Emotional Needs</p>
<p>MEH-5. Use self-control and impulse-control strategies to promote health.</p>	<p>6.4 Interpersonal Interactions and Romantic Relationships 6.5 Healthy Relationships with Family and Peers 6.7 Conflict Resolution Skills; Sexual Abuse and Cyber Assault 7.5 Boundaries in Relationships 8.1 Goals and Dreams, Healthy Relationships and Emotional Needs 8.7 Peer Pressure and Avoiding Risky Behavior</p>
<p>MEH-8. Establish and maintain healthy relationships.</p>	<p>6.1 Introduction to Healthy Futures, Understanding the Qualities of a Good Friend and Positive Personal Character Traits 6.4 Interpersonal Interactions and Romantic Relationships 6.5 Healthy Relationships with Family and Peers 6.7 Conflict Resolution Skills; Sexual Abuse and Cyber Assault 7.2 Stress, Positive Character Traits, Peer Pressure 7.5 Boundaries in Relationships 8.1 Goals and Dreams, Healthy Relationships and Emotional Needs</p>