



# Manitoba Addictions Awareness Week Committee

To promote Addictions Awareness Week in Manitoba

## Curricular Connections Matrix 2007

Kindergarten to Grade 12 Physical Education/Health Education: Manitoba Curriculum Framework of Outcomes for Active Healthy Lifestyles – Manitoba Addictions Awareness Week.

Curriculum Implementation Documents currently available can be found at:

<http://www.edu.gov.mb.ca/ks4/cur/physhlth/curriculum.html>

Gr.	Outcome		MAAW Activities & Curriculum Implementation Documents
	<i>Code</i>	<i>Statement</i>	
	ALL SLO's	<b>Addictions Foundation of MB (AFM) The Basics Series</b> (14 current, accurate facts sheets on a range of substances and related topics) <b>Addressing Drug and Alcohol Issues: Things to Keep in Mind</b>	- 2.2 Games Learn through Doing 2.7 CHN Scavenger Hunt
K I N D E R G A R T E N	K.5.K.D.1	<b>Identify helpful and harmful substances found in the home and school</b> (i.e., medications, vitamins, cough syrup, substances that may cause allergies, products danger symbols, tobacco products)	- FASD 2.5.2 Act.1
	S.5.K.A.4	<b>Demonstrate appropriate healthy choices in case scenarios related to substance use</b> (i.e., do not touch unknown substances, do not eat or drink anything without permission)	- K to Grade 4 Physical Education/Health Education: A Foundation For Implementation
	K.3.K.B.4	<b>Recognize safety helpers in the community</b>	- FASD 2.5.2 Act.4
	S.4.K.A.2	<b>Sort decisions and/or choices that are made daily, based on their positive or negative consequences</b>	- FASD 2.5.2 Act.1
	K.4.K.B.4	<b>Recognize appropriate response in potentially dangerous situations</b>	- FASD 2.5.2 Act.4/Act.5
	K.4.K.C.1.a	<b>Identify a range of feelings and emotions</b> (i.e. happy, sad, angry, scared, surprised, anxious, excited) <b>in a range of contexts</b>	- FASD 2.5.2 Act. 3
G R A D E  1	K.5.1.D.1	<b>Identify safe and unsafe substances found in the home, school, and community that can help</b> (i.e., healthy foods and drink, medicinal products as prescribed by a doctor) <b>or harm the body</b> (i.e., food or medicinal products with a broken seal, foul-smelling substances, items with the poison symbol)	- FASD 2.5.2 Act.1/Act.2
	S.5.1.A.4	<b>Demonstrate ways of exercising caution avoidance, and/or refusal in case scenarios involving unknown substances</b> (i.e., avoiding substances with a danger symbol, foods that cause allergies and opened Hallowe'en candy; taking proper dosage of prescribed medication)	- Refusal Skills 2.5.7 - FASD 2.5.2 Act.4/Act.5
	K.3.1.B.4.	<b>Recognize community helpers and how to seek help</b>	- FASD 2.5.2 Act. 4
	S.4.1.A.2	<b>Demonstrate ways to expand knowledge and explore different options for making informed and health-enhancing decisions</b>	- FASD 2.5.2 Act.1
	K.4.1.B.4	<b>Identify ways to exercise caution, avoidance, and/or refusal in potentially dangerous situations</b>	- FASD 2.5.2 Act.4/Act.5

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	<i>Code</i>	<i>Statement</i>	
<b>G R. 2</b>	K.4.2.C.1a	<b>Identify appropriate ways for sharing and expressing feelings and emotions related to different situations</b>	- FASD 2.5.2. Act. 3
<b>G R A D E 3</b>	K.5.3.D.1	<b>Identify and describe the potential dangers associated with substance use in the community</b>	<ul style="list-style-type: none"> <li>- Drinking and Driving 2.5.3 Act.3</li> <li>- AFM The Basics Tobacco</li> <li>- AFM The Basics Inhalants</li> </ul>
	K.5.3.D.2	<b>Identify helpful and/or harmful substances (i.e., vitamins, medicines, tobacco, alcohol) and their effects on a healthy body</b>	<ul style="list-style-type: none"> <li>- FASD 2.5.2 Act.1/Act.2</li> <li>- AFM The Basics Tobacco</li> <li>- Drugs and Sport 2.5.12 Act.2</li> <li>- AFM The Basics Inhalants</li> </ul>
	K.5.3.D.3	<b>Recognize the factors that can influence making decisions regarding substance use (i.e., smoking)</b>	- Refusal Skills 2.5.7
	S.5.3.A.4	<b>Use avoidance and assertiveness skills in scenarios related to potentially dangerous situations</b>	- FASD 2.5.2 Act 5
	K.2.3.B.1	<b>Recognize that the body needs sustained or intermittent vigorous physical activity to improve the strength of the heart and lungs</b>	<ul style="list-style-type: none"> <li>- Smoking 2.5.4 Act 1</li> <li>- AFM The Basics Tobacco</li> </ul>
K.4.3.B.4	<b>Recognize verbal and non-verbal behaviours associated with assertiveness</b>	- FASD 2.5.2 Act. 5	
<b>G R. 4</b>	K.4.4.C.1a	<b>Identify characteristics of and/or behaviours associated with different emotions in self and/or others</b>	- FASD 2.5.2 Act.3
	S.2.4.A.3a	<b>Determine own performance level for health-related fitness components (i.e., cardiovascular endurance, muscular strength, muscular endurance, flexibility), using simple tests or tasks</b>	<ul style="list-style-type: none"> <li>- AFM The Basics Tobacco</li> <li>- Smoking 2.5.4 Act 1</li> </ul>

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	Code	Statement	
G R A D E  5	K.5.5.D.1	<b>Distinguish between medicinal and non-medicinal substances and their appropriate use</b>	- FASD 2.5.2 Act.1 - AFM The Basics Inhalants - AFM The Basics Drugs and Sport - Drugs and Sport 2.5.12 /Act.2
	K.5.5.D.2	<b>Describe effects and consequences of substance use on body systems</b>	- <b>The Basics Series (14 current, accurate facts sheets on a range of substances and related topics)</b>  - FASD 2.5.2 Fast Facts/Act.2 - Marijuana 2.5.5 /Act.1 - Inhalants 2.5.10/Act.1 - Diabetes 3.8
	K.5.5.D.3	<b>Identify peer, cultural, media, and social influences related to substance use and abuse</b>	- Smoking 2.5.4 Act.2/Act.3 - Alcohol 2.5.1 Act.1/Act.2 - Drinking and Driving 2.5.3 Act.3 - Inhalants 2.5.10 Act. 1
	S.5.5.A.4	<b>Apply strategies</b> (i.e., using the decision-making model, practising saying no, walking away, getting help from a safe adult) <b>for preventing or avoiding substance use and abuse in different case scenarios</b>	- Drinking and Driving 2.5.3 Act.1/Act.2 - FASD 2.5.5 Act 5
	K.4.5.B.4	<b>Identify and assess strategies for preventing or avoiding uncomfortable or dangerous situations</b>	- FASD 2.5.2 Staying Safe/Act.5
G R A D E  6	K.5.6.B.3	<b>Identify the positive and negative influences of media and other sources on promoting active living</b>	- Alcohol 2.5.1 Act.1/Act.2 - Drugs and Sport 2.5.12 Act.1
	S.2.6.A.3a	<b>Demonstrate the use of assessment strategies to determine, organize and record fitness results and physical activity participation</b>	- AFM The Basics Tobacco
	K.4.6.A.1	<b>Describe individual characteristics</b> (e.g., gender, race, family, religion, community, appearance, interests, hobbies, preferred learning approaches...) <b>that contribute to the development of personal identity, self-confidence, and self-efficacy.</b>	-Personal identity – On Website <a href="http://www.afm.mb.ca/maaw/">www.afm.mb.ca/maaw/</a>
	S.4.6.A.2	<b>Determine positive and negative consequences of possible solutions as part of the decision-making/problem-solving process for making healthy living choices</b>	<b>Gr.5-8 Physical Education/ Health Education: A Foundation For Implementation</b>
	K.4.6.B.1a	<b>Identify the influences that help or hinder responsible, social decision making</b>	- Alcohol 2.5.1 Act.1/Act.2 - Drugs and Sport 2.5.12 Act.1

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	Code	Statement	
<b>G R A D E 7</b>	K.5.7.D.1	<b>Differentiate between the use and abuse</b> (i.e., prescribed/ unprescribed drugs; own medicine/someone else's medication, correct/ incorrect dosage, addiction...) <b>of medicinal and non-medicinal substances</b>	<ul style="list-style-type: none"> <li>- <b>The Basics Series</b> (14 current, accurate facts sheets on a range of substances and related topics)</li> <li>- FASD 2.5.2 Act.1</li> <li>- Marijuana 2.5.5 /Act.1</li> <li>- Debating 2.5.5 Act.1/Act.2</li> <li>- Inhalants 2.5.11/Act.1</li> <li>- Games Learn through Doing 2.2</li> </ul>
	K.5.7.D.2	<b>Explain different consequences, related to different variables</b> (i.e., fair play, legalities, performance, medical, safety, and financial implications), <b>of taking harmful and beneficial drugs or other substances</b>	<ul style="list-style-type: none"> <li>- <b>The Basics Series</b> (14 current, accurate facts sheets on a range of substances and related topics)</li> <li>- FASD 2.5.2 Fast Facts</li> <li>- Marijuana 2.5.5/Act.1</li> <li>- Diabetes 3.8</li> </ul>
	K.5.7.D.3	<b>Identify the positive and negative social factors</b> (i.e., influences of peers, families, role models, media, Internet, celebrities, social occasions, parties) <b>that may influence avoidance and/or use of substances</b>	<ul style="list-style-type: none"> <li>- Alcohol 2.5.1 Act.1/Act.3</li> <li>- Smoking 2.5.4 Act.2/Act.3</li> <li>- AFM The Basics Ecstasy</li> <li>- Drug Awareness Activity 2.5.9</li> </ul>
	S.5.7.A.4	<b>Apply decision-making/problem-solving strategies in case scenarios that focus on substance use and abuse</b>	<ul style="list-style-type: none"> <li>- FASD 2.5.2 Act.5/Act.6</li> <li>- Drinking and Driving 2.5.3 Act.1/Act.2</li> <li>- AFM The Basics Tobacco</li> <li>- Smoking 2.5.4 /Act.4</li> <li>- Drugs and Sport 2.5.12 Act.1</li> </ul>
	S.4.7.A.2	<b>Develop criteria and a rating system for weighing the benefits of the alternatives for making physically active and healthy lifestyle choices in different case scenarios</b>	<ul style="list-style-type: none"> <li>- Gambling 2.5.11 Know the Difference</li> <li>- Gambling 2.5.11 Act.1/Act.2/Act.3</li> </ul>
	S.4.7.A.4	<b>Apply conflict resolution strategies to different scenarios</b>	<ul style="list-style-type: none"> <li>- Gambling 2.5.11 Act.1</li> </ul>
<b>G R. 8</b>	K.4.7.B.4	<b>Describe appropriate use of avoidance/refusal strategies when dealing with potentially dangerous situations and/or stressful social situations</b>	<ul style="list-style-type: none"> <li>- Gambling 2.5.11 Act.1</li> <li>- FASD 2.5.2 Act.5</li> <li>- How do I decide? Act. 2.5.14</li> </ul>
	K.5.8.C.1b	<b>Explain influences on growth and development during adolescence</b>	<ul style="list-style-type: none"> <li>- Disordered Eating 2.5.16 (see kit 2004 edition or available at <a href="http://www.afm.mb.ca/maaw/">www.afm.mb.ca/maaw/</a>)</li> </ul>

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<b>G R A D E  9</b>	K.5.S1.D.1	<b>Explain the meaning of addiction (i.e., gambling) and substance dependence , and the possible effects on self and/or others</b>	<ul style="list-style-type: none"> <li>- Gambling 2.5.11 Know the Difference &amp; /Act.2</li> <li>- Levels of Involvement 5</li> <li>- Gambling Crunchie (Games 2.2)</li> </ul>
	K.5.S1.D.2	<b>Examine the use and abuse of substances and potential consequences on personal health and well-being</b>	<ul style="list-style-type: none"> <li>- Statistics 2.7</li> <li>- AFM The Basics Alcohol</li> <li>- Alcohol 2.5.1 Act.1/Act.4</li> <li>- AFM The Basics Binge Drinking</li> <li>- FASD 2.5.2 Fast facts</li> <li>- Drink/Drive 2.5.3 Act.1/Act.2</li> <li>- AFM The Basics Tobacco</li> <li>- Smoking 2.5.4 Act.4/Act 5</li> <li>- AFM The Basics Smokeless Tobacco</li> <li>- AFM The Basics Cannabis</li> <li>- Marijuana 2.5.5 /Act.1</li> <li>- AFM the Basics Cocaine/Crack</li> <li>- AFM The Basics Magic Mushrooms</li> <li>- AFM The Basics LSD</li> <li>- AFM The Basics Crystal Meth / Drug Awareness Activity 2.5.9</li> <li>- Debating 2.5.5 Act.1/Act.2</li> <li>- Cocaine 2.5.6 Activity</li> <li>- AFM The Basics Ecstasy 2</li> <li>- AFM The Basics Inhalants</li> <li>- AFM The Basics Drugs &amp; Sports</li> <li>- Levels of Involvement 5</li> <li>- Drugs/Sport 2.5.12 /Act.2</li> <li>- Learn through Doing 2.2</li> <li>- Diabetes 3.8</li> <li>- Mental health 2.5.15</li> </ul>
	K.5.S1.D.3	<b>Identify community agencies and resources available to support the prevention of substance use and abuse</b>	<ul style="list-style-type: none"> <li>- FASD 2.5.2 Fast Facts Act 6 &amp; 7</li> <li>- Gambling 2.5.11 Act.2</li> </ul>
	S.5.S1.A.4	<b>Apply problem-solving strategies to respond appropriately to issues related to substance use and/or abuse</b>	<ul style="list-style-type: none"> <li>- FASD 2.5.2 Act.6/Act.7</li> <li>- Drinking and Driving 2.5.3 Act.1/Act.2</li> <li>- AFM The Basics Tobacco Smoking 2.5.4 Act.4</li> <li>- Say “Know” To Drugs 2.5.8</li> </ul>
	K.4.S1.A.1	<b>Examine personal strengths, values, and strategies for achieving individual success and a positive self-image.</b>	<ul style="list-style-type: none"> <li>- Personal Identity available online at <a href="http://www.afm.mb.ca/maaw/">www.afm.mb.ca/maaw/</a></li> </ul>
	K.4.S1.B.4	<b>Identify examples of potentially dangerous situations and effective strategies for avoidance/refusal</b>	<ul style="list-style-type: none"> <li>- Say “Know” To Drugs 2.5.8</li> </ul>
	S.4.S1.A.2	<b>Design, implement, and evaluate an action plan for making a decision based on personal values and beliefs related to physically active and healthy lifestyle practices</b>	<ul style="list-style-type: none"> <li>- <i>S1-S2 Physical Education/Health Education: A Foundation For Implementation –</i></li> </ul>
	K.1.S1.C.4	<b>Identify the impact on youth of unethical issues in sport as represented in the media</b>	<ul style="list-style-type: none"> <li>- Drugs and Sport 2.5.12 Act.3</li> </ul>
	K.5.S1.E.1c	<b>Describe responsible behaviours for a healthy pregnancy</b>	<ul style="list-style-type: none"> <li>- FASD 2.5.2 Fast Facts/Act.6/Act.7</li> </ul>

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<b>G R A D E  10</b>	K.5.S2.D.1	<b>Analyze issues concerning the use and abuse of legal and illegal substances</b>	<ul style="list-style-type: none"> <li>- FASD 2.5.2 Fast Facts</li> <li>- Levels of Involvement 5</li> <li>- Drink/Drive 2.5.3 Act.1/Act.2</li> <li>- Smoking 2.5.4 Act.2/Act.3/Act.4</li> <li>- Marijuana 2.5.5 Act.1</li> <li>- AFM The Basics Cocaine/Crack</li> <li>- AFM The Basics Magic Mushrooms</li> <li>- AFM The Basics LSD</li> <li>- AFM The Basics Crystal Meth</li> <li>- Drug Awareness Activity 2.5.9</li> <li>- AFM The Basics Inhalants</li> <li>- Debating 2.5.5 Act.2/Act.3</li> <li>- AFM The Basics Drugs and Sports</li> <li>- Drugs and Sport 2.5.12 Act.3</li> <li>- Mental health 2.5.15</li> </ul>
	K.5.S2.D.2	<b>Evaluate the legal aspects and consequences of substance use abuse, and addiction,</b>	<ul style="list-style-type: none"> <li>- Drinking and Driving 2.5.3 Act.1/Act.2</li> <li>- Smoking 2.5.4 Act.4</li> <li>- Debating 2.5.5 Act.1</li> <li>- AFM The Basics Crystal Meth</li> <li>- Gambling 2.5.11 Know the Difference /Act.2</li> <li>- AFM The Basics Drugs and Sport</li> <li>- Legal Brainteasers –2.5.13</li> </ul>
	K.5.S2.D.3	<b>Examine current statistics on substance use as it affects healthy living, locally and nationally</b>	<ul style="list-style-type: none"> <li>- AFM The Basics Alcohol</li> <li>- AFM The Basics Binge Drinking</li> <li>- AFM The Basics Smoking /2.5.4 Act.4</li> <li>- Debating 2.5.5 Act.1/Act.2</li> <li>- Gambling 2.5.11 Know the Difference /Act.1</li> <li>- Statistics 2.7</li> </ul>
	S.5.S2.A.4	<b>Analyze effective responses to problems regarding substance use and abuse by self or others</b>	<ul style="list-style-type: none"> <li>- FASD 2.5.2/Act.7</li> <li>- Smoking 2.5.4 /Act.4</li> <li>- AFM The Basics Smokeless Tobacco</li> <li>- AFM The Basics Cannabis 2.5.5 Marijuana /Act.1</li> <li>- AFM The Basics Cocaine/Crack</li> <li>- AFM The Basics Magic Mushrooms</li> <li>- AFM The Basics LSD</li> <li>- AFM The Basics Crystal Meth</li> <li>- AFM The Basics Ecstasy</li> <li>- AFM The Basics Rohypnol</li> <li>- AFM The Basics PCP</li> <li>- Gambling 2.5.11 Act.1/Act.2</li> </ul>
	K.4.S2.A.1	<b>Assess personal attributes and talents across a variety of domains (e.g., academic, athletic, musical, artistic, interpersonal, intrapersonal...), and assess how each contributes to self-esteem/self-confidence.</b>	<ul style="list-style-type: none"> <li>- Personal Identity <a href="http://www.afm.mb.ca/maaw/">now available online at www.afm.mb.ca/maaw/</a></li> </ul>
K.5.S2.E.1c	<b>Describe the importance of and conditions for a healthy pregnancy</b>	<ul style="list-style-type: none"> <li>- FASD 2.5.2 Fast Facts/Act. 6/Act.7</li> </ul>	

\* Highlighted outcomes provide intra-curricular (within) connection possibilities to strands other than **Substance Use and Abuse**.