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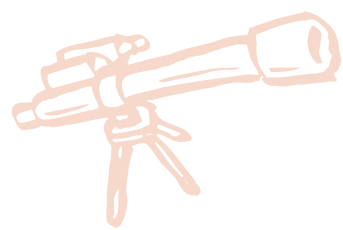
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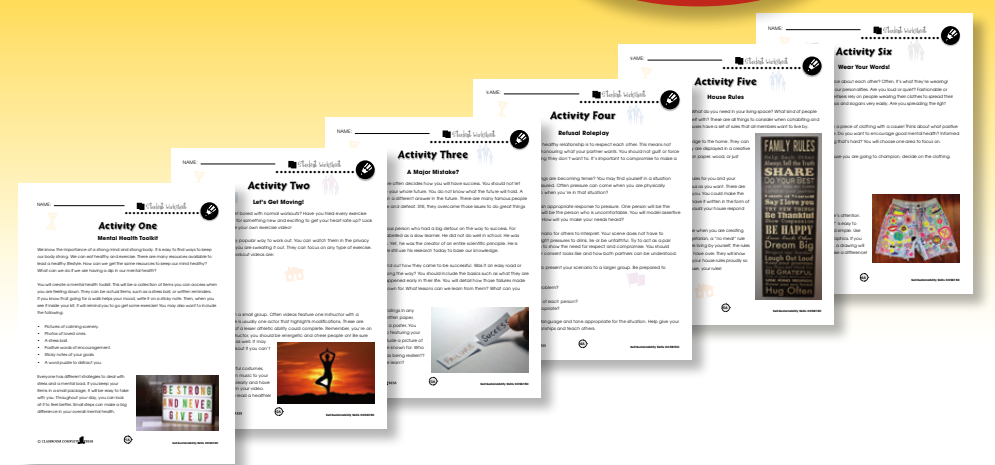
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## Coping with Life

1. Mia really wants to become a famous musician. She has just started taking guitar lessons and is frustrated. Should she give up because it is difficult?



2. Ha Jun recently had a pet pass away. What are some ways his friend—John—can help him through this hard time?

3. With a straight line, match each word on the left with its meaning on the right.

1 Achieve	A strong effect on something.	A
2 Random	Being dedicated to an activity or cause.	B
3 Reflect	To earn through hard work.	C
4 Impact	To look back on something in order to learn.	D
5 Commitment	Chosen without reason.	E



## Stress Management

Everyone will experience stress in their lives. While we cannot control when we may be stressed, we can do things to **ease** it. There are ways you can feel better when you are stressed:

- **Exercise.** Get your body moving! It is a healthy **distraction** from your problems. When you exercise, your body creates **endorphins**. These are natural chemicals that **boost** your mood. Even a quick walk around the block will make you feel better!
- **Get enough sleep.** It is hard to function fully when you are exhausted. Being stressed is draining on your body. Be sure to get at least seven hours of sleep. You can improve your sleep by having a regular bedtime, turning off screens before sleep, and avoiding caffeine late at night.
- **Spend time with others.** Being with your family and friends can often help you feel better. They can be trusted to listen to problems and sometimes have good advice.
- **Avoid substance abuse.** Do not turn to substances like alcohol to make you feel better. These substances can alter our body's brain and how we feel. If you are already in a bad mood, it is best to avoid certain substances.
- **Do something fun!** Take some time to enjoy your hobbies. Relax with a good book. Have a jam session with your favourite instrument.

These are just a few common ways to deal with stress. It is important to seek help if your problems become too much. A parent, teacher, or other professional can get you help.

Max was recently dumped by his girlfriend. He has a friend's wedding coming up and is worried he won't find a date. Below is some bad advice Max could follow. Write better advice for Max.

Bad Advice	Good Advice
Beg his ex-girlfriend to go to the wedding with him.	
Stay up late every night worrying about a new date.	
Eat a bag of chips daily.	
Don't ask anyone to come along and go alone.	



## Healthy Relationships

1. Sort the phrases below as either "Consent" or "Not Consent".

I like that      Silence      Okay      Let's wait      Good idea  
 I don't think so      Yes      Maybe      I'm not sure

Consent	Not Consent

2. Put a checkmark (✓) next to the answer that is most correct.

- a) When can a person NOT give consent?
- A In a car.
  - B When they're unconscious.
  - C Talking before intercourse.
- b) What is essential for a healthy relationship?
- A Suspicion.
  - B Deceit.
  - C Trust.

## Cohabitation & Family Life

3. Logan and Jose have decided to break up. They are disagreeing about how to spend time with their dog, Max. Logan works on weekends and wants to see the dog during the week. Jose is worried he won't be able to look after the dog every weekend. Jose suggests that he will look after the dog every weekend, but Logan will pay for a dog walker when he can't. Is this a good compromise? Explain and offer a different option.

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### Graphic Organizer

4. Use the graphic organizer on page 36 to help keep track of your goals.

What makes a happy house for you? Is it a great trip together? Maybe it's a weekly family hike. It's important to have goals and plans for your household. Whether you are a couple living together, or a large family with kids, it is nice to have something to hope for. Planning out something fun to do in the future gives you something to look forward to. Remember the saying, "fail to plan, plan to fail."

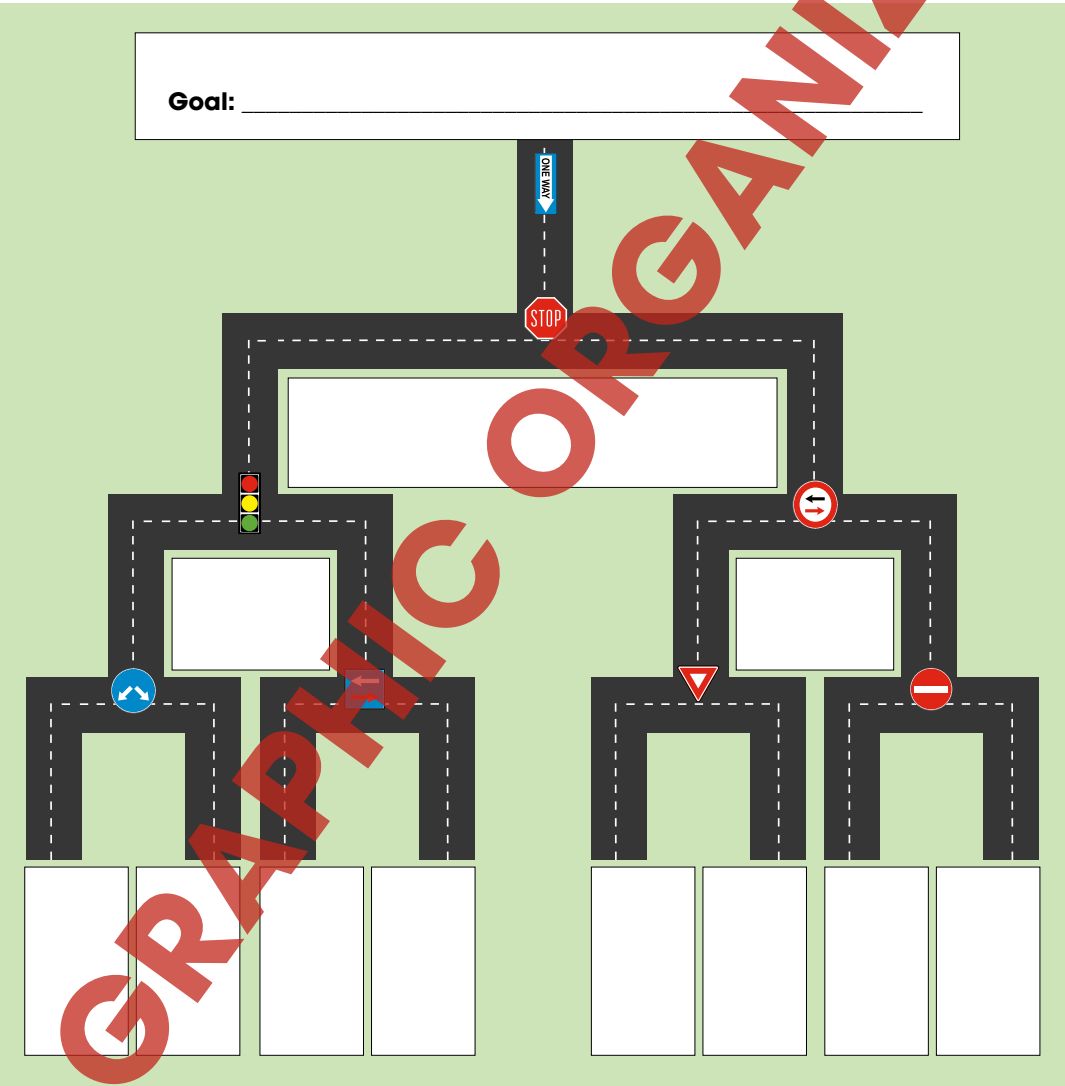
Life gets busy and we can forget to do the things we really want to do. One easy way to make sure you meet these goals is to track your progress. On the goal tracker graphic organizer, you will fill out your household goals. Each of the goals have 8 different checkboxes. They can represent different items. For example, if you are saving for a \$800 trip, each box may represent \$100 saved. If you are hoping to do a weekly exercise class, each box could be a finished class. A visual can help you meet your goals. Go make some family memories!



# Coping with Life

## Where Will You Go?

Goal: \_\_\_\_\_



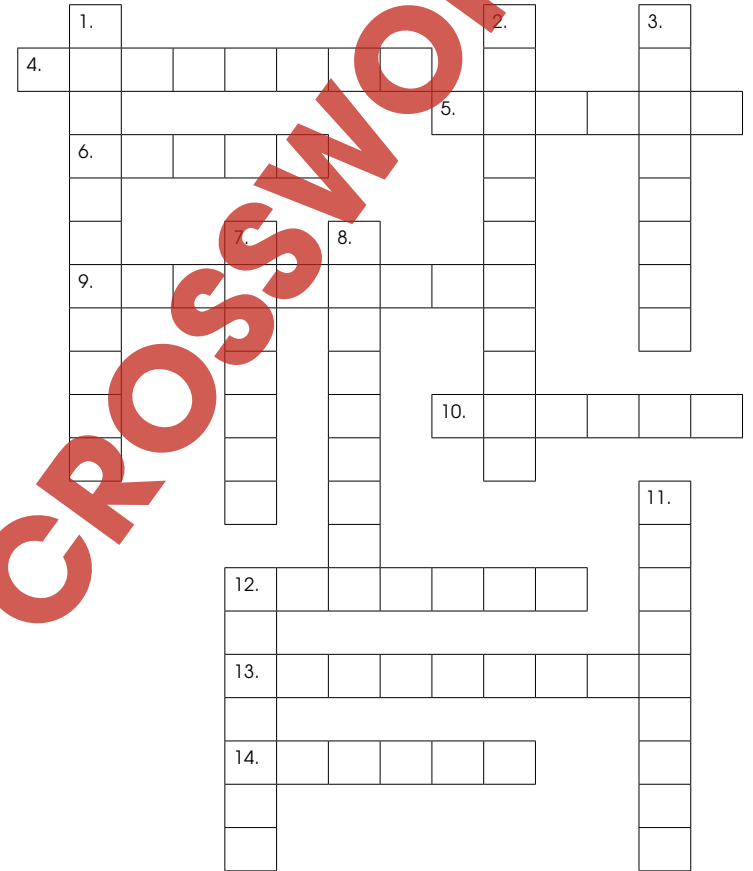
# Crossword Puzzle!

### Across

4. Worrying over a future event.
5. Not innocent. Shameful.
6. To change position.
9. To judge the value of something.
10. To interact with. Starting.
12. Agreeing with an act.
13. Paying close attention to.
14. The effect on someone or something.

### Down

1. The feeling of annoyance, irritation or anxiety.
2. Getting help from a professional.
3. A very close relationship.
7. The cause of an event, the starting incident.
8. A problem or place where an issue could happen.
11. Grief or misery.
12. To make something clear.



### Word List

- appraisal
- attentive
- clarify
- consent
- counselling
- dreading
- engage
- frustration
- guilty
- impact
- intimate
- shift
- situation
- suffering
- trigger



# Comprehension Quiz

### Part A

Circle **TRUE** if the statement is TRUE or **FALSE** if it is FALSE.

- TRUE FALSE** a) A counsellor can help you with difficult feelings
- TRUE FALSE** b) Avoiding eye contact is a part of active listening.
- TRUE FALSE** c) Compromise is very important to a relationship.
- TRUE FALSE** d) Children should pay part of the household bills.
- TRUE FALSE** e) If at first you don't succeed, give up.

### Part B

List three instances where a person could NOT give consent to a sexual activity.

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# Steps to CPR

1

CALL EMERGENCY NUMBER



Call 911 or ask someone to help.

2

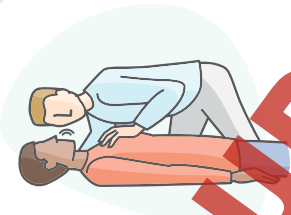
CHECK VITAL SIGNS



Lay the person on their back and open their airways.

3

CHECK BREATHING



If they are not breathing, start CPR.

4

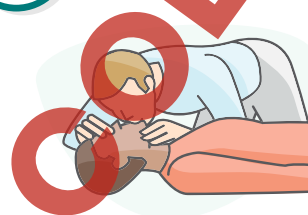
PERFORM CPR



30 chest compressions.

5

GIVE RESCUE BREATHS



Two rescue breaths.

6

REPEAT



Repeat until an ambulance arrives.





# Mental & Physical Health

## 1. Complete the paragraph based on what you've learned from the reading.

Mental \_\_\_\_\_  
**a** \_\_\_\_\_  
**b** \_\_\_\_\_. It is important to check in on our mental health. Something may be wrong  
 if: we \_\_\_\_\_  
**c** \_\_\_\_\_ like doing things we used to, get \_\_\_\_\_  
**d** \_\_\_\_\_ with our loved  
 ones, or feel very \_\_\_\_\_  
**e** \_\_\_\_\_ a lot of the time. We can \_\_\_\_\_  
**f** \_\_\_\_\_ to our family  
 and friends. We can get some \_\_\_\_\_  
**g** \_\_\_\_\_ to make us feel better by working out. If you  
 can't change your moods, seek \_\_\_\_\_  
**h** \_\_\_\_\_.

## 2. Are the following examples of benefits of exercise? Answer "True" or "False".

- |                                       |      |       |
|---------------------------------------|------|-------|
| a) Increases blood flow to the brain. | TRUE | FALSE |
| b) Makes running shoes look better.   | TRUE | FALSE |
| c) Improved memory.                   | TRUE | FALSE |
| d) Can lift your spirits.             | TRUE | FALSE |
| e) Improved overall health.           | TRUE | FALSE |
| f) Helps video game skills.           | TRUE | FALSE |

1.

- a) health
- b) moods
- c) don't
- d) angry
- e) sad
- f) talk
- g) exercise
- h) help

2.

- a) TRUE
- b) FALSE
- c) TRUE
- d) TRUE
- e) TRUE
- f) FALSE

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1.

Answers will vary, but may include: No, Takashi shouldn't talk about something that makes him uncomfortable. It can also be disrespectful to his girlfriend to talk to others about their intimate moments. He should feel comfortable telling his friends this, and they should respect his decision.

2.

Answers will vary, but may include: No, Peyton shouldn't steal from her mother. She will lose her trust especially when her mother is already suspicious. She could try talking to her mother and asking for a loan.

3.

- a) clarify
- b) trustworthy
- c) boundaries
- d) consent
- e) attentive

25

Answers will vary, but should emphasize  
**a) 1 and d) 4**



1.

**Consent**  
 I like that  
 Okay  
 Good idea  
 Yes

26

Answers will vary, but may include:  
 "I'm not comfortable taking the next step in our relationship..."  
 or "Let's talk about..."

**Not Consent**  
 I'm not sure  
 Silence  
 I don't think so  
 Maybe  
 Let's wait

27

2.

- a)  B

Answers will vary, but may include:  
 Daniel could ask his girlfriend what she was doing. He could be open or say nothing and trust his girlfriend. He should look for honesty in his girlfriend.

- b)  C

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# EASY MARKING ANSWER KEY



# Coping with Life

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3. **With a straight line, match each word on the left with its meaning on the right.**

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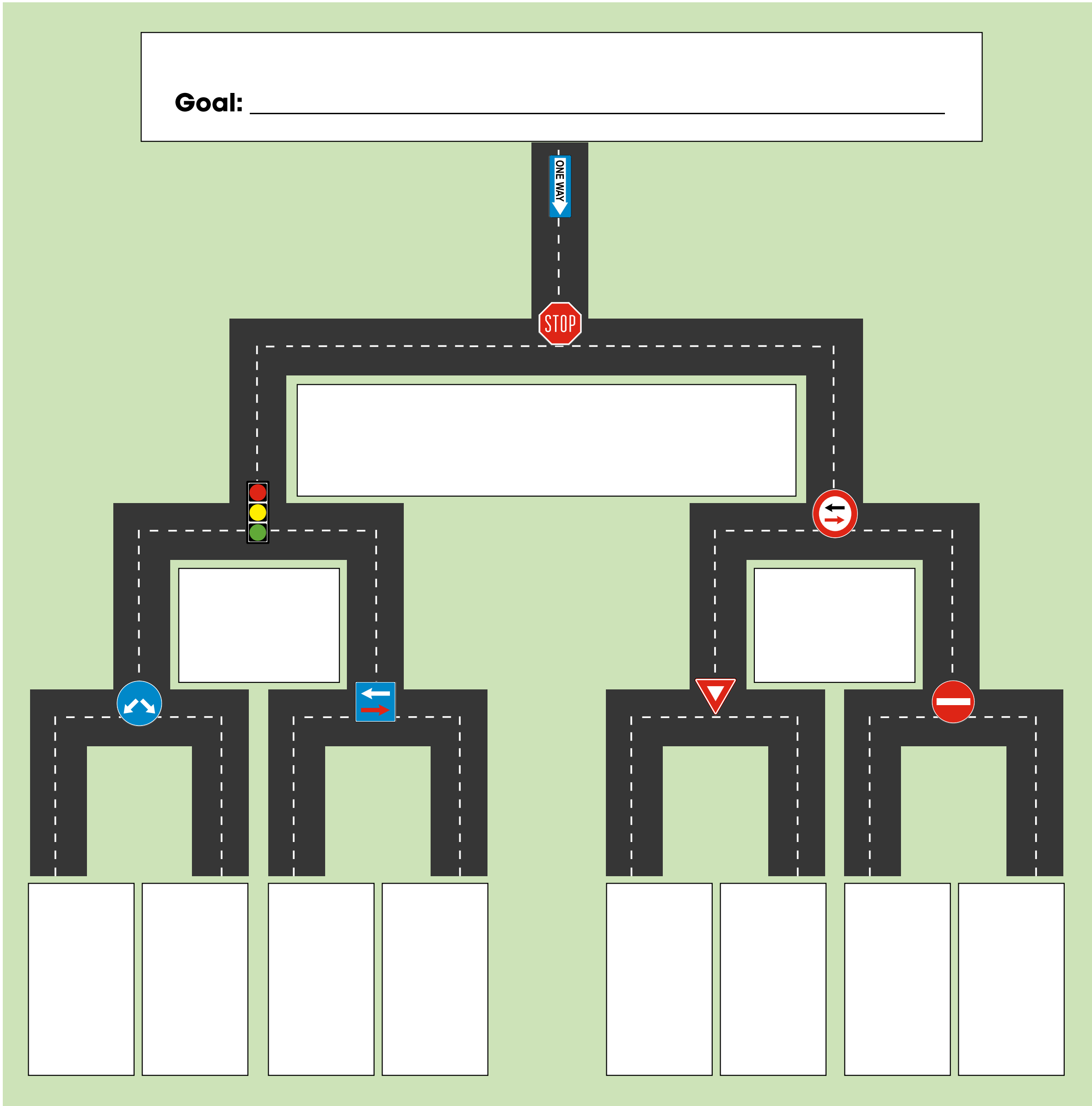
# Coping with Life



## Where Will You Go?



Goal: \_\_\_\_\_



# Steps to CPR



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CHECK VITAL SIGNS

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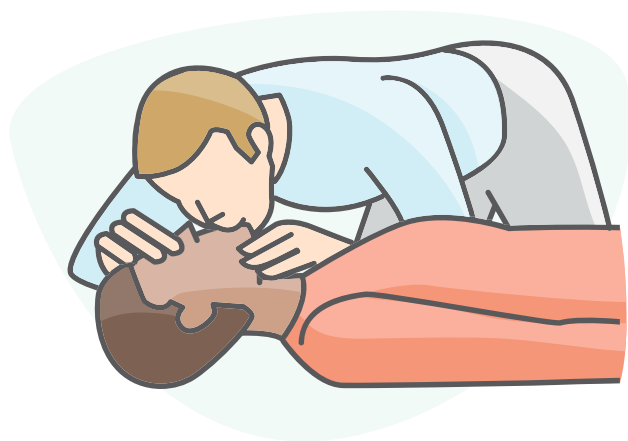
4



30 chest compressions.

5

GIVE RESCUE BREATHS



Two rescue breaths.

REPEAT

6



Repeat until an ambulance arrives.