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| Topic | Themes | Activities/LES | Evaluations | Resources |
| Health and well-being | * 1. Physical activity
	2. Hierarchy of Needs
	3. Nutrition
	4. Eating
	5. Sleeping
	6. Drugs and Alcohol
	7. Stress/mental health (begin conversation)
	8. Leisure (time management)
	9. Services and resources
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| Society | * 1. Social skills
		+ Sharing
		+ Respect
		+ Acceptable behavior
		+ Moral code
		+ Cooperation
		+ Bullying
	2. Communication Skills
	3. What would you do vs What SHOULD you do
		+ Decision making/conflict resolution
			- Socially
	4. Community Project
		+ Examples: clean ups, food drives/banks…
		+ Planning
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| Consumption | * 1. Responsible consumption
		+ Environmental impact
			- Human footprint
		+ Shopping habits
			- Online, wants and needs
				* Impulse buying
			- Influences and emotions
		+ Techniques used to make us consumers
			- Product placement
				* This movie was brought to you by…
				* Transformers sponsored by Chevy
		+ Media
		+ Prevention
	2. Fair trade
	3. Child labour
	4. Buying local
	5. Goods vs service
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| Budget | * 1. Needs and Wants
	2. Examples of a budget – different models
		+ PCI
	3. Why would you make a budget
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