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| Topic | Themes | Activities/LES | Evaluations | Resources |
| Health and well-being | * 1. Sexuality      + Laws      + Woman’s shelter workshop      + STIs      + Pregnancy      + HPV      + Positive relationships      + Relationships/dating        - Online dating safety      + Violence/date rape        - laws      + Homophobia   2. Public health      + Rights and responsibilities      + Access        - CLSCs, clinics, online…      + Vaccinations      + Coverage/benefits   3. Stress   4. Work/life balance      + choices   5. Eating habits/choices (\*IWW)   6. Drugs and alcohol   7. Mental health/depression |  |  |  |
| Society | * 1. Communication skills      + Decision making/conflict resolution        - Real life/work      + Tolerance   \*IWW overlap   * + - * Work place relationships (positive and negative)       * “Time and place” – attitudes, behaviours and language       * Gossip       * Work place politics       * Safe work topics |  |  |  |
| Housing | * 1. Utilities   2. Lease vs Buy   3. Social housing   4. Tenant vs landlord   5. Insurance   6. Types of apartments/rentals (country and city)   7. Newspaper ads   8. Cost of housing   9. Real Estate Market   10. Share accommodation   11. What you need for your first apartment   12. Quebec rules   13. Rental form |  |  |  |
| Transportation | * 1. Riding the bus   2. Bus schedules   3. Use of a map   4. Driver’s license and age      + Highway safety code      + Vocabulary      + Boaters, atv, etc.   5. Transportation needs and environmental impact      + Safety manual |  |  |  |
| Financial Independence | * 1. Balance budget   2. Income and expenses   3. Standard of living   4. Gross vs Net   5. Debt      + Loans, line of credit      + Forms of credit      + Deferred payments      + Social assistance      + Payment plans      + ‘Til debt do us part   6. Savings   7. Goals   8. Institutions      + Banks      + Credit unions      + Money Mart   9. Credit cards   10. Bank card   11. Safety and security (PIN, passwords, etc)   12. Identity theft   13. Credit rating and bankruptcy   14. Taxes |  |  |  |