

Unit Seven:  
**Personal Growth**

- 7.1 Personal Knowledge
- 7.2 Interpersonal Relationships
- 7.3 Appearance
- 7.4 Health and Hygiene
- 7.5 Sexuality and Intimacy
- 7.6 Family Life

**PERSONAL GROWTH**

**7.1 Personal Knowledge**

<b>A</b>	<b>B</b>	<b>C</b>
<b>Personal Identity</b>	<b>Personal Identity</b>	<b>Personal Identity</b>
<ul style="list-style-type: none"><li>• uses five senses (exhibits interest in texture, smell, sight, sound and taste)</li><li>• reacts when name is heard</li><li>• recognizes own image in a mirror</li></ul>	<ul style="list-style-type: none"><li>• reacts to sensory information (unbuttons coat when it is hot, drinks to satisfy thirst, turns down the volume)</li><li>• shows preferences according to own tastes (likes and dislikes)</li><li>• attempts new experiences</li><li>• makes choices using pictograms, words or signs</li><li>• demonstrates an attachment to personal belongings</li><li>• recognizes self in a photo</li><li>• knows given and surname</li></ul>	<ul style="list-style-type: none"><li>• makes a personal choice (an activity, a task, a food etc.)</li><li>• shows an interest in new experiences (game, setting, skill)</li><li>• explores various activities</li><li>• accepts preset change</li><li>• recognizes feelings (sad, angry, happy)</li><li>• practices relaxation techniques (breathing, exercise, listening to music)</li><li>• describes own physical characteristics</li><li>• can relay <i>some</i> personal information (telephone number, age, names of parents) either orally, with the help of a bliss board or using an identification card</li></ul>

D	E	F
Personal Identity	Personal Identity	Personal Identity
<ul style="list-style-type: none"> <li>• recognizes personal emotions (sad, happy, angry, afraid, etc.)</li> <li>• associates feelings with certain situations</li> <li>• demonstrates emotions in an acceptable fashion (anger, enthusiasm)</li> <li>• recognizes signs of stress (muscle tension)</li> <li>• uses relaxation techniques during stressful situations</li> <li>• solves simple problems (stops, calms and seeks a way to resolve the problem)</li> <li>• expresses satisfaction and pride in personal accomplishments</li> <li>• identifies personal characteristics (tastes, activities)</li> <li>• can relay <i>all</i> personal information (telephone number, age, name of parents) either orally, with the help of a bliss board or using an identification card</li> <li>• accepts impromptu change</li> </ul>	<ul style="list-style-type: none"> <li>• is conscious of personal tastes</li> <li>• recognizes strengths and aptitudes</li> <li>• accepts personal limits</li> <li>• recognizes certain factors and activities that have an effect on well being</li> <li>• makes a decision on a short or long term project (saves money for a future purchase, makes work choices)</li> <li>• shows flexibility</li> <li>• initiates new experiences</li> <li>• develops self esteem through the accomplishment of a realistic project</li> <li>• recognizes that life holds both good and bad</li> <li>• recognizes change and finds ways to adapt</li> <li>• recognizes trigger points and controls emotions</li> </ul>	<ul style="list-style-type: none"> <li>• initiates good deeds of own free will</li> <li>• accepts personal feelings and emotions</li> <li>• accepts situations that cannot be controlled</li> <li>• demonstrates a positive attitude in daily activities</li> <li>• self evaluates and challenges self</li> <li>• makes short or long decisions for a project based on several givens</li> <li>• asserts self without anger</li> </ul>

**PERSONAL GROWTH**

**7.2 Interpersonal Relationships**

<b>A</b>	<b>B</b>	<b>C</b>
<b>Social Skills</b>	<b>Social Skills</b>	<b>Social Skills</b>
<ul style="list-style-type: none"> <li>• pays attention to anyone in field of vision</li> <li>• accepts the presence of others in surroundings</li> <li>• establishes eye contact</li> <li>• interacts (smiles, speaks) with familiar people</li> <li>• accepts educational physical contact(hand over hand)</li> <li>• halts a behaviour when told "no" by an adult</li> </ul>	<ul style="list-style-type: none"> <li>• gets attention of the person before relaying a message</li> <li>• accepts adult help</li> <li>• recognizes most of the people in own surroundings</li> <li>• enters into relationships with others</li> <li>• answers questions</li> <li>• initiates communication (makes a request, greets known people)</li> <li>• waits turn</li> <li>• is patient for a short span of time</li> <li>• conforms to a known adult's request (sits when asked)</li> </ul>	<ul style="list-style-type: none"> <li>• participates in various group activities</li> <li>• greets others in an acceptable fashion depending on the situation</li> <li>• displays acceptable social manners (does not burp, yell, make noises, etc.)</li> <li>• recognizes different relationships (friends, family, co-workers, strangers) and behaves acceptably for each (hug a parent, shake hands with a friend, etc.)</li> <li>• respects the property of others</li> <li>• accepts compromises</li> <li>• appreciates friendly gestures and words</li> <li>• recognizes feelings in others (sadness, anger happiness)</li> <li>• identifies unacceptable behaviour (hitting, biting, stealing, etc)</li> <li>• refrains from unacceptable behaviour</li> <li>• uses relaxation techniques to calm oneself (breathing, moving away)</li> <li>• says "please" and "thank you"</li> <li>• demonstrates good listening skills (stops, looks and listens)</li> <li>• recognizes authority figures</li> <li>• accepts authority</li> <li>• follows established rules</li> <li>• develops a sense of humor</li> </ul>

D Social Skills	E Social Skills	F Social Skills
<ul style="list-style-type: none"> <li>• follows elementary politeness according to age (greet, thanks, shakes hand, etc.)</li> <li>• respects others (truthful, honest)</li> <li>• stands an acceptable distance from another person</li> <li>• chooses the appropriate time to enter into a relationship with peers</li> <li>• shows an interest in others (asks questions, offers hand)</li> <li>• keeps personal exchanges to an appropriate length</li> <li>• adjusts intonation to intentions (calls, speaks, etc.)</li> <li>• chooses appropriate subjects of conversation to a given situation</li> <li>• recognizes behaviour and qualities of a good friend</li> <li>• creates friendships with peers</li> <li>• uses words and gestures indicating friendship</li> <li>• expresses sympathies and congratulations</li> <li>• understands sentiments expressed by another person</li> <li>• verbalizes sentiments</li> <li>• shares discriminately</li> <li>proposes &amp; achieves a compromise</li> <li>• resolves small problems with peers (stop, calms, looks for ways to solve the conflict)</li> <li>• recognizes the triggers of a potential conflict</li> <li>• identifies provocative and bothersome behaviours</li> <li>• foresees consequences to own actions</li> <li>• accepts friendly teasing</li> <li>• manages to control mocking (does not answer, moves away)</li> <li>• recognizes authority in various situations and conforms</li> <li>• recognizes explosive situations in relationships with family, friends (peer pressure, intimidation, violence)</li> </ul>	<ul style="list-style-type: none"> <li>• helps other people</li> <li>• presents self appropriately</li> <li>• expresses opinions in an appropriate fashion and timing</li> <li>• respects the opinions of others</li> <li>• carries on a conversation (initiates, maintains, clarifies etc.)</li> <li>• varies the topics of conversation</li> <li>• demonstrates consideration of others in speaking and gesturing (by helping, consoling, congratulating)</li> <li>• gets involved in a group project</li> <li>• is tolerant of differences in others and self</li> <li>• keeps in mind the needs of others during a compromise</li> <li>• recognizes personal errant behaviour in a given situation</li> <li>• proposes alternatives to errant behaviour</li> <li>• judges the efficacy of a solution in a given situation</li> <li>• applies a change of solution to an unresolved conflict</li> <li>• expresses sentiments</li> <li>• finds solutions to simple everyday problems</li> <li>• reacts appropriately in the face of disrespect (answers with humour, tells a person in authority)</li> <li>• reacts appropriately in the face of exploitation or abuse</li> <li>• refers to support group for help</li> </ul>	<ul style="list-style-type: none"> <li>• behaves in a socially acceptable manner</li> <li>• recognizes need for help from peers</li> <li>• maintains stable &amp; harmonious relationships</li> <li>• participates in a help/maintenance group or activity</li> <li>• differentiates between own feelings and those of others</li> <li>• accepts criticism</li> <li>• respects the needs, feelings and points of view of others</li> <li>• establishes satisfying relationships with people of both sexes</li> <li>• appreciates racial, cultural, religious and sexual differences</li> <li>• recognizes consequences of actions and decisions taken in everyday life</li> </ul>

**PERSONAL GROWTH**

**7.3 Appearance**

<b>A</b>	<b>B</b>	<b>C</b>
<b>Personal Care</b>	<b>Personal Care</b>	<b>Personal Care</b>
<ul style="list-style-type: none"><li>• allows hand over hand instruction of personal care</li><li>• allows adult assistance in being dressed or undressed, face and hands washed, teeth brushed by caregiver</li><li>• assists with dressing/undressing (pulls foot out of boot, puts arm in sleeve, turns on tap etc.)</li></ul>	<ul style="list-style-type: none"><li>• backward chaining to learn how to use zippers, buttons, laces</li><li>• actively participates in all aspects of grooming and dressing</li><li>• dresses and grooms self with little assistance</li></ul>	<ul style="list-style-type: none"><li>• combs or brushes hair</li><li>• applies deodorant</li><li>• looks in a mirror to verify appearance</li><li>• takes care to be clean</li></ul>

D	E	F
Personal Care	Personal Care	Personal Care
<ul style="list-style-type: none"> <li>• cleans own nails</li> <li>• washes hair following a schedule</li> <li>• shaves or cuts beard</li> <li>• exfoliates</li> <li>• takes care of hairdo (uses a dryer, a curling iron, knows when it needs washing)</li> <li>• cleans own teeth</li> <li>• applies makeup (eye shadow, blush)</li> <li>• knows why and when to apply makeup</li> <li>• changes clothing when necessary</li> <li>• dresses appropriately for a variety of settings</li> </ul>	<ul style="list-style-type: none"> <li>• washes or changes after work or play</li> <li>• applies most makeup products (mascara, eye or lip pencil, etc.)</li> <li>• recognizes the appropriate hair cut and style for various occasions</li> <li>• accepts responsibility for own appearance</li> </ul>	<ul style="list-style-type: none"> <li>• understands the importance of good grooming and appearance in social and work environments</li> </ul>

**PERSONAL GROWTH**

**7.4 Health and Hygiene**

<b>A</b>	<b>B</b>	<b>C</b>
<p><b>Health and Hygiene</b></p> <ul style="list-style-type: none"><li>• accepts appropriate touching by caregiver</li><li>• cooperates with daily personal care and hygiene</li><li>• recognizes the difference between wet and dry</li><li>• anticipates and communicates toileting needs fairly consistently</li><li>• goes to the bathroom at regular intervals with assistance</li><li>• accepts or refuses food and/or help</li></ul>	<p><b>Health and Hygiene</b></p> <ul style="list-style-type: none"><li>• participates in a personal hygiene routine</li><li>• gets to the washroom on time</li><li>• knows all the steps to hand-washing, toileting, teeth brushing</li><li>• does not put non-food items in mouth</li></ul>	<p><b>Health and Hygiene</b></p> <ul style="list-style-type: none"><li>• wipes own nose</li><li>• places hand over nose and mouth when coughing or sneezing</li><li>• washes face, hands and mouth</li><li>• brushes teeth</li><li>• completes all the routine steps of toileting (locks door, lowers pants, wipes self, flushes, etc.)</li><li>• recognizes and names most parts of the human body</li><li>• sorts some foods into categories of healthy and unhealthy</li><li>• identifies and avoids food products where allergies are an issue</li><li>• identifies pain location</li><li>• recognizes some symptoms of illness (diarrhea, nausea, ear aches)</li></ul>

D	E	F
Health and Hygiene	Health and Hygiene	Health and Hygiene
<ul style="list-style-type: none"> <li>• accomplishes all aspects of personal hygiene care (nails, hair, ears, etc.)</li> <li>• reacts to body messages (wipes nose when running, goes to bed when tired)</li> <li>• recognizes potential dangers at school, in the community and at home</li> <li>• takes precautions and follows safety rules ( helmet for bike riding, fire signs)</li> <li>• groups foods according to Canada's Food Guide</li> <li>• recognizes products that create a dependence (coffee, cola, nicotine)</li> <li>• associates medication for corresponding illness (lozenges for throat, acetaminophen for headaches)</li> <li>• recognizes necessary precautions to avoid contagious infections (colds, athletes foot)</li> <li>• applies a bandage</li> <li>• knows the number or person to call in case of emergency ( 911, case worker)</li> </ul>	<ul style="list-style-type: none"> <li>• maintains eye glasses, contacts, hearing aids, etc</li> <li>• knows the basic functioning of the body (digestive and circulatory system)</li> <li>• knows the dangers and effects of alcohol, smoking and drugs</li> <li>• knows the elements of good health (proper nutrition, rest and regular physical activity)</li> <li>• evaluates personal fitness level</li> <li>• identifies some illnesses and their symptoms</li> <li>• recognizes the importance of following the directions and dosage of medication</li> <li>• can use a first aid kit</li> <li>• describes the measures to follow during an emergency (fire, poisoning, cuts, etc.)</li> <li>• retrieves information regarding health (clinic, support staff, health centre)</li> </ul>	<ul style="list-style-type: none"> <li>• recognizes the needs that are met by various health professionals in the community (doctors, dentists, social workers, etc.)</li> <li>• plans for yearly medical and dental examinations</li> <li>• recognizes the need for breast self-examination</li> <li>• knows the benefits of regular physical activity</li> <li>• knows the benefits of good eating habits</li> <li>• takes medication in a safe manner</li> <li>• organizes a first aid kit</li> </ul>

**PERSONAL GROWTH**  
7.5 Sexuality and Intimacy

A	B	C
Sexuality and Intimacy	Sexuality and Intimacy	Sexuality and Intimacy
<p>Intimacy and sexuality can only be measured if there is a level of reasoning that allows the person to understand privacy and public. It is impossible to apply interventions at this stage. Workers should ensure that the client is kept safe and maintains their dignity (bring them to a washroom or their bedroom when they masturbate, provide clothing that covers the genital area, etc.)</p>	<ul style="list-style-type: none"> <li>• recognizes own sexual identity and that of others</li> <li>• touches genital area only when in a "private" place (washroom, bedroom)</li> <li>• understands the physical changes that occur during puberty (underarm hair, growing breasts)</li> <li>• associates a feminine napkin with the menstrual flow of blood</li> <li>• helps with menstrual hygiene routines</li> <li>• recognizes basic feelings (anger, sadness, happiness)</li> <li>• differentiates between agreeable touches (hug from mom, tap on the shoulder) from disagreeable touches (pinches, hair pulling)</li> <li>• recognizes the shape of a pregnant woman</li> </ul>	<ul style="list-style-type: none"> <li>• recognizes and names external genital body parts</li> <li>• recognizes the difference between male and female</li> <li>• recognizes the signs of menstrual flow (stained clothes or toilet paper)</li> <li>• applies the proper hygiene related to menstruation, masturbation, ejaculation, wet dreams</li> <li>• recognizes and names most parts of the human body including genitals</li> <li>• recognizes the difference between a boy and a man; a girl and a woman</li> <li>• can identify personal emotions</li> <li>• adapts behaviour to the relationship (family, friends, coworkers, strangers)</li> <li>• knows some facets of a loving relationship and a friendly relationship</li> <li>• recognizes acceptable and unacceptable behaviours in others</li> <li>• differentiates between public and private aspects of body parts, clothing, social behaviour</li> <li>• says "No" in violent or abusive situations: says "No", leaves, tells authority</li> <li>• knows how and when to use a condom</li> <li>• has a basic concept of conception (penis penetrates the vagina)</li> <li>• recognizes signs of pregnancy (missed menstruations, etc.)</li> </ul>

D <b>Sexuality and Intimacy</b>	E <b>Sexuality and Intimacy</b>	F <b>Sexuality and Intimacy</b>
<ul style="list-style-type: none"> <li>• recognizes the names and functions of most of the genital parts (the uterus: the area where the baby grows, the penis: the organ where urine and sperm comes from, etc.)</li> <li>• understands own growth and development stage (baby, child, adolescent, adult)</li> <li>• recognizes various aspects of menstruation (frequency, link to conception) and penile erection (link to conception, ejaculation)</li> <li>• understands different aspects of friendly and intimate relationships</li> <li>• conforms to social norms regarding sexual behaviour (public and private, does not discuss intimate details with everyone)</li> <li>• recognizes consent as a prerequisite to sexual relationships</li> <li>• understands the term "making love" in adults</li> <li>• recognizes and knows how to use a few methods of contraception</li> <li>• has a basic knowledge of sexual transmitted diseases</li> <li>• recognizes the factors influencing the desire to have a sexual relationship (maturity, knowing one's partner, etc.)</li> <li>• recognizes situations and gestures that threaten the security of personal well-being (peer pressure, sexual aggression, etc.)</li> <li>• has a basic knowledge of the development of the fetus and birth (nine month gestation, birth procedures)</li> <li>• recognizes pregnancy options</li> <li>• identifies and recognizes the importance of prenatal care</li> </ul>	<ul style="list-style-type: none"> <li>• explains the functioning of the reproductive system of both men and women</li> <li>• recognizes dangers that are related to sexuality (unprotected sex, sex with a stranger, a prostitute, minor, incest, pornography, etc.)</li> <li>• knows how to react when faced with sexual aggression</li> <li>• recognizes situations that require medical attention (methods of contraception, annual physical, PAP tests)</li> <li>• explains the advantages and disadvantages of various forms of contraception</li> <li>• explains the various aspects related to sexually transmitted diseases (treatment, complications)</li> <li>• knows the various sexual orientations (heterosexual, homosexual, bisexual)</li> <li>• explains the various aspects of giving birth</li> <li>• understands the link between responsibility and parental role</li> </ul>	<ul style="list-style-type: none"> <li>• expresses loving and sexual feelings appropriately</li> <li>• recognizes own responsibility in an intimate relationship</li> <li>• knows recourses in light of sexual aggression</li> <li>• recognizes rights and responsibilities related to sexuality (choose to be a parent or not, stay a bachelor or choose a partner)</li> <li>• recognizes the procedures involved in the termination of a pregnancy</li> <li>• recognizes the medical and psychological consequences of sterilization and abortion</li> </ul>

**PERSONAL GROWTH**

**7.6 Family Life**

<b>A</b>	<b>B</b>	<b>C</b>
<b>Family Life</b>	<b>Family Life</b>	<b>Family Life</b>
<ul style="list-style-type: none"><li>• identifies members of family</li><li>• knows the difference between a baby and a doll</li><li>• handles small animals with tenderness</li></ul>	<ul style="list-style-type: none"><li>• understands personal position in immediate family (mother, father, brother, sister)</li></ul>	<ul style="list-style-type: none"><li>• understands personal position within extended family (aunts, uncles)</li><li>• understands roles in family</li><li>• identifies words and gestures used to show affection to members of a family</li><li>• recognizes some objects used in the care of a baby (soothers, diapers, etc.)</li><li>• recognizes basic care of babies (changing diapers, bathing, feeding, etc.)</li></ul>

D Family Life	E Family Life	F Family Life
<ul style="list-style-type: none"> <li>• identifies the needs and desires fulfilled by family</li> <li>• describes own role in the family and own responsibilities as a member of the family</li> <li>• understands family harmony</li> <li>• understands ups and downs in family life</li> <li>• describes various types of families (single parent, adoptive, blended)</li> <li>• recognizes the necessities required for raising a baby (lodging, money, clothing, food, care and attention)</li> <li>• recognizes that cries from a baby can have several meanings (hunger, pain, wet diaper)</li> <li>• recognizes possible dangers for babies and young children (stairs, pools, animals)</li> <li>• names basic needs for young children</li> <li>• performs some infant care (bottle feeding, diaper changing)</li> </ul>	<ul style="list-style-type: none"> <li>• identifies personal origins (grandparents, great-grandparents)</li> <li>• recognizes the many responsibilities of parents</li> <li>• recognizes personal qualities of members of own family</li> <li>• recognizes the numerous services that family members offer each other (father prepares meal for children, mother drives children to a party, child sets the table)</li> <li>• identifies the physical, cognitive and emotional needs of young children</li> <li>• recognizes the importance of routine and structure for young children</li> <li>• recognizes the frustrations of raising children and knows strategies for dealing with them</li> <li>• recognizes signs of neglect and abuse in a child and knows how to react to them</li> <li>• describes various methods of discipline</li> </ul>	<ul style="list-style-type: none"> <li>• identifies attitudes that favour a good family life</li> <li>• communicates ideas and feelings in order to improve rapport with the family</li> <li>• recognizes the importance of choice of partner to shape a family</li> <li>• recognizes the scope of the parental role</li> <li>• can establish a day and night routine for a baby</li> <li>• recognizes the importance of play in the development of a child</li> </ul>

