

## **HEALTH AND FAMILY LIFE EDUCATION**

This is a non-examinable area.

This list is applicable from form 1 to 3.

Current events may be discussed in a manner to bring about discussion on these areas of personal development of the student.

The form teacher or subject teacher would choose topics for discussion from among the following areas.

### **Topics**

1. Decision-making.
2. Conflict Resolution.
3. Effective Communication.
4. Creative Thinking.
5. Empathising.
6. Interpersonal Relationship Skills.
7. Managing Stress.
8. Self- Awareness & Self Esteem.
9. Managing Emotions.
10. Critical Thinking.

### **Students should be able to:**

1. Develop skills of lifelong learning and knowledge acquisition that are both socially acceptable and economically efficient;
2. Understand themselves as social beings in relationships with others such as family members, the community, the nation, the state, the Caribbean region, and other parts of the world;
3. Understand and manifest a practical awareness of their role in the family, and make positive attempts to become more productive, honest, loyal, and contributing citizens of Trinidad and Tobago;
4. Critically evaluate current societal attitudes, trends, and values, and seek equitable solutions to problems;
5. Develop value systems that are logical and morally acceptable;

6. Gain knowledge and understanding of the human and physical environment, particularly of the Caribbean;
7. Understand how environmental factors interrelate to influence the activities of human beings, and how such activities in turn affect and change the physical environment;
8. Evaluate the actions of human beings, and assess the relative merits and problems of any particular forms of social transformation, as well as the environmental consequences of these activities;
9. Respect, and be tolerant of the views, beliefs, and ways of life of other peoples, and develop an appreciation for the culture of others in our diverse society;
10. Develop willingness to express a point of view on matters of concern—whether personal, local, national, regional, or global—in a positive, knowledgeable, and candid way, while respecting the views of others;
11. Develop skills in the collection, collation, and positive and productive use of information.

### **The Essential Learning Outcomes**

The six learning outcomes that have been designated essential for all students who have been exposed to the national secondary school curriculum are:

Aesthetic Expression

Citizenship

Communication

Personal Development

Problem Solving

Technological Competence

(Taken from the Ministry of Education H F L E Secondary School Curriculum 2009.)