

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. Empathizing.
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.)