

## PHYSICAL & MENTAL WELL-BEING

The student must show:

- 1.** Evidence of participation in physical activities.
- 2.** Demonstration of understanding of nutrition.
- 3.** Demonstration of exploration of mental health issues (i.e. stress management, anger issues, depression, and health realization, etc.)
- 4.** Demonstration of understanding of the following health issues:
  - a.** maintaining personal health
  - b.** sexuality and STD treatment and prevention
  - c.** substance use, abuse and addiction
  - d.** seeking health care (insurance, clinics, etc.)
  - e.** first aid and safety

