

## ENDS 4—Life Management and Personal Awareness

### Students will live healthy, satisfying, and productive lives.

Students will:

- 4.1 understand and apply principles of sound physical health, **including** nutrition, hygiene, and fitness;
- 4.2 understand and apply principles of sound mental and emotional health, **and learn to identify signs of emotional health concerns in self and others, and when to seek supportive resources;**
- ~~4.3~~ understand the opportunities and risks posed by digital technology, **and** social media, **including social-emotional risks and safety impacts; and the Internet.**
- ~~4.4~~ **identify** understand and develop their personal **gifts and** strengths **and interests, and identify personal passions;**
- ~~4.5~~ **be able to create and innovate in order to problem-solve** ~~develop higher-level thinking skills in order to be able to create and innovate;~~
- ~~4.6~~ be resilient, take informed risks, deal constructively with failure, and be flexible and adaptable to change;
- ~~4.7~~ be able to cooperate and collaborate within a diverse group of people in order to attain desired outcomes;
- ~~4.8~~ identify challenging personal goals and develop, evaluate and implement plans to achieve them, including post-high school goals that extend their K-12 learning to attainable next levels of education, ~~or~~ training **or employment;**
- ~~4.9~~ learn and apply principles of sound financial management in order to support self and family;
- ~~4.9~~ understand the opportunities and risks posed by digital technology, social media and the Internet.