Activity:

Examine the HFLE concepts in the handouts and make separate lists of those

1. That can be easily integrated with corresponding concepts in your curriculum

* New technologies
* Indiscipline (addiction to games and online activities)
* Unhealthy relationships (social networking, communication skills)
* Poor body image (ergonomics, lack of exercise)
* Early sexual activity ( social issues- inappropriate sites)
* Fear ( using the technology)
* Frustrations ( computer programming)

1. Are more difficult to integrate

* Handling negative emotions (jealousy)

1. Are very difficult to integrate

* Under-nutrition
* Over-nutrition
* Lack of exercise
* Teenage pregnancy

1. Not possible to integrate

* prejudice