**FINAL HEALTHY LIVING ASSIGNMENT - ESSAY**

Healthy living essay. You will have one class period to write an essay on healthy living. This should follow proper essay format (5 paragraphs, introduction and concluding paragraphs).

In your essay you should address the topics we covered in the unit which include:

* Healthy lifestyle
* Healthy Relationships
	+ Communication
	+ Conflict resolution
	+ Abuse
* Mental health
* Values and Decision Making
* Ideal self and Self esteem
* Sexual Responsibility
* Contraception

You should touch on most of these topics (if one or two are missing but your essay is thorough, that’s fine). You should speak from first person and explain what you learned linking it to how you plan to live a healthier lifestyle in the future (goals).

FORMAT:

* 5 paragraphs
* Proper introduction and conclusion
* Choice of vocabulary
* Ease and fluidity (grammar and spelling)

CONTENT

* Most of the content covered
* Thoughtful
* Original and meaningful reflection
* Real and attainable goals or comments included

Total marks: /100%