

Health Education Instructional Resources

Health Education Component Area	Description	Educator Resources
Community Health	<p>Focuses on individual responsibility; healthy work, school and community environments; community health resources and facilities; community and state agencies; health service careers; safety hazards; community laws and policies related to health issues; data and trends regarding health issues; social marketing and norming; emergency/crisis response plans; community involvement; current issues; trends in medical care; community health planning; private resources (hospitals, clinics and insurance companies); and volunteer resources and organizations (i.e. American Red Cross, American Cancer Society).</p>	<p>Every Kid Healthy™ Week</p> <p>Helping Children and Adolescents Cope with Violence and Disasters: What Community Members Can Do</p> <p>CDC Healthy Living</p> <p>Children's Disaster Preparedness</p>
Consumer Health	<p>Focuses on being wise consumers of health information, products and services, including understanding the influences of advertising, media and technology; being able to evaluate and make selection and purchasing decisions about health-related products and medical services; consumer protection laws (product labeling); consumer protection agencies; health agencies and organizations; health insurance; quackery; reliable health products and services; and knowing what is available and how to be an educated consumer.</p>	<p>Food Labels and Nutrition Lessons (grades 6/7)</p> <p>CDC Food Safety</p> <p>Food Safety 101 (grades 5/6)</p>

<p>Environmental Health</p>	<p>Focuses on causes, prevention and control of environmental pollution, including air, water, soil, radiation, noise and solid waste (recycle, reuse and reduce); effects of environment on health (includes understanding the causes of negative environmental factors and their effects on human health); environmental protection agencies; population growth; worldwide health; and individual and group responsibilities in helping to promote a healthy environment locally and worldwide</p>	<p><u>EPA Healthy Schools</u>, <u>Healthy Kids Asthma Awareness in Schools</u> <u>CDC Healthy Living</u> <u>Manatee County Garbage and Recycling</u></p>
<p>Family Life</p>	<p>Focuses on roles and responsibilities; marriage; divorce; abstinence; parenting; building family relationships; child abuse and neglect; the family life cycle; family planning; heredity; and communication skills (verbal, nonverbal and listening).</p>	<p><u>Video for Girls (5th Grade)</u> <u>Video for Boys (5th Grade)</u> <u>Reproduction Basics ppt (8th grade)</u> <u>Positive Parenting Practices Promoting Health Among Teens: Abstinence-Only (Video)</u></p>
<p>Injury Prevention/Safety</p>	<p>Focuses on attitudes toward safety; causes of accidents; home and school safety; highway safety, including pedestrian, auto, bicycle, recreation vehicle and school bus; natural and weather related disasters; safety practices that reduce risks of unintentional injuries (e.g., fire, bike, home, weapon and babysitting safety); survival skills; environmental hazards; personal safety precautions, including assault and child abuse and neglect prevention; violence prevention; bullying prevention; internet safety; dating violence; first aid/CPR/AED and emergency health care procedures to follow in case of an injury, health problem, disaster or violence; resources and agencies; safety rules and laws; and intentional injury.</p>	<p><u>Student CPR training Video (grades 7-12)</u> <u>CPALMS Lesson Plan Heart Rate Activity: Body Positions and Physical Activity (grades 7-12)</u> <u>CDC Injury Prevention & Control (grades 5-12)</u></p>

<p>Internet Safety</p>	<p>Focuses on the knowledge of maximizing the personal safety and security risks while using the internet and the self-protection from computer crime and predators.</p>	<p><u>Naming in a Digital World: Creating a Safe Persona on the Internet (Grades 9-12 lesson)</u></p> <p>Media Safety ppt for grades (Grades 7-12)</p> <p><u>NetSmartz Workshop</u></p> <p>Cloud Game (Grades 5-8)</p> <p><u>Child Human Trafficking FLDOE (info for teachers)</u></p>
<p>Nutrition</p>	<p>Focuses on the importance of a balanced diet, how food provides energy and nutrients to the body; additives; activity and weight management (energy in/energy out); recommended U.S. dietary guidelines; MyPlate; healthy food choices; reading and understanding food labels (selecting foods low in cholesterol, fat, sugar, salt); safe food preparation and storage; and world food supply.</p>	<p><u>CDC Eat Well Podcast Eating Disorders Awareness</u></p> <p><u>FSU Healthy Me Florida Nutrition Facts</u></p> <p>School Lunch Lesson Plan (grade 8)</p> <p><u>Tips for Teachers: Promoting Physical Activity and Healthy Eating</u></p>

<p>Personal Health</p>	<p>Focuses on personal fitness and lifetime activities; cardiovascular health; personal hygiene (including oral health); vision and hearing; positive health habits and choices (sleep, rest, relaxation, recreation); aging; personal wellness plans; growth and development; and care of human body systems and functions.</p>	<p><u>Childhood Obesity Facts (Grades 5-12)</u></p> <p><u>Dental Health (Grades 5-12)</u></p> <p><u>Growth and Development for Teens (Grades 8-12)</u></p> <p><u>Growth and Development for Kids (Grades 5-7)</u></p> <p><u>Head Lice Treatment Video (Grades 5-6)</u></p>
<p>Prevention/Control of Disease</p>	<p>Focuses on causes, transmission, prevention, early detection, and treatment of chronic and communicable and non-communicable diseases and disorders, including allergies, asthma, diabetes, cancer, cold and flu, and HIV/AIDS; sexually transmitted diseases/infections; immunizations and vaccines; lifestyles and diseases; eating disorders; community efforts; genetic disorders; neurological diseases; and medical care services.</p>	<p>How HIV is transmitted ppt (Grades 7/8)</p> <p><u>Risk Behaviors can lead to HIV, STDs & Teen Pregnancy Prevention (grades 7-12)</u></p> <p><u>Eating Disorder Awareness</u></p>

<p>Substance Use/Abuse</p>	<p>Focuses on the use and misuse of alcohol, tobacco, marijuana and inhalants, prescription and over-the-counter drugs and other illegal drugs (cocaine, methamphetamine, LSD, heroin, etc.); the classification and effects those substances have on the body; addiction; the health problems associated with drug dependence, including formation of habits and their influence; positive decision-making; and individual responsibility. It also includes effects on family members; family roles; risk behavior reduction; refusal and coping skills; societal and legal issues, including consequences; impact of media messages; and community resources.</p>	<p><u>Alcohol and public health (for teachers)</u></p> <p><u>Kids Health: Vaping (grades 6-12)</u></p> <p><u>Manatee County Drug & Alcohol Information (for teachers)</u></p> <p><u>Thefactsyourfuture.org</u></p>
<p>Teen Dating Violence (grades 7-12 only)</p>	<p>Focuses on the pattern of behavior that includes physical, emotional, verbal or sexual abuse used by one person in an intimate relationship to exert power and control over another. TDV is generally defined as occurring among individuals between the ages of 13-19 years old.</p>	<p>Teen Dating Violence ppt (Grades 7/8)</p> <p>Teen Dating Violence ppt (high school)</p> <p><u>Fast Facts: Preventing Teen Dating Violence (Grades 7-12)</u></p> <p><u>Teen Dating Violence Prevention (for teachers)</u></p>