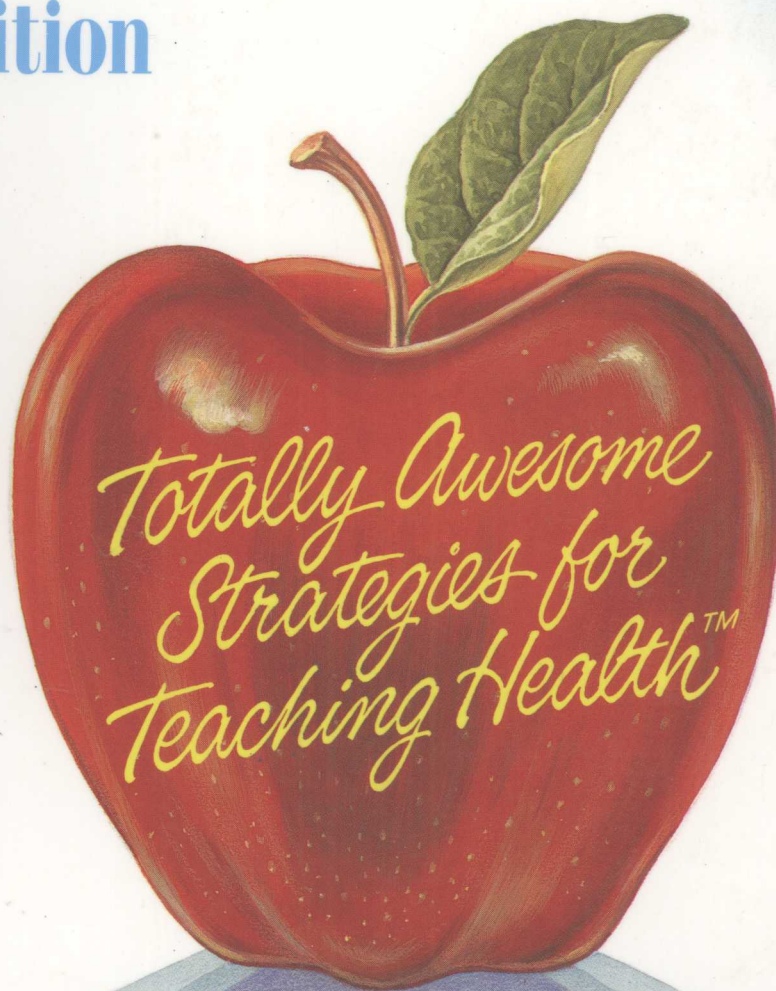


Comprehensive School Health Education

2nd Edition

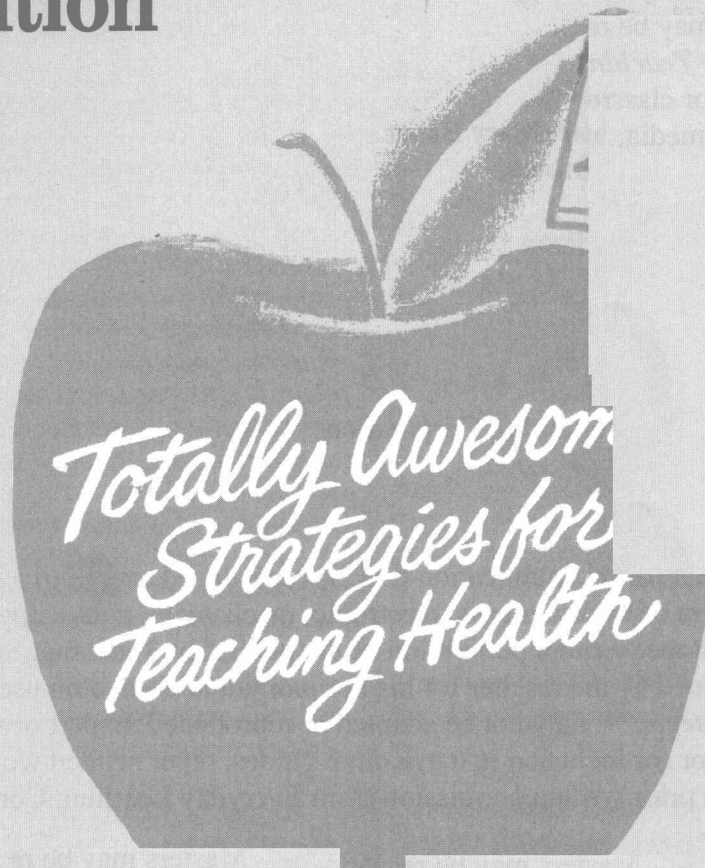


Linda Meeks * Philip Heit * Randy Page

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Comprehensive School Health Education

2nd Edition



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Everyday Learning Corporation

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P.O. Box 812960

Chicago, IL 60681

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Illustrator: Jennifer King

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Printed in the United States of America.

8 9 10 EB 04 03 02 01

ISBN 1-886693-09-9

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Preface

*Tell me, I forget.
Show me, I remember.
Involve me, I understand.*

We were pleased that the first edition of ***Comprehensive School Health Education: Totally Awesome Strategies for Teaching Health™*** became the leading teacher resource book used to prepare future and current elementary, middle, and secondary teachers to teach health. The first edition also has been the most widely used teacher resource book selected by state departments of education, school districts, and departments of health for inservice and train-the-trainers programs. Our ongoing commitment to improve the quality of life of children and adolescents prompted us to produce a second edition that is even more practical, comprehensive, and on the cutting edge of educational reform. We surveyed and interviewed key professionals—professionals at Centers for Disease Control and Prevention, professionals affiliated with professional associations, college professors, directors of state departments of education, educators at health departments, curriculum coordinators, elementary teachers, middle school teachers, high school teachers, and undergraduate and graduate students for their suggestions. We also visited elementary, middle, and secondary schools to observe and evaluate the use of our *Totally Awesome Teaching Strategies™*.

Then we began the “awesome” task of producing a complete revision which includes **EVERYTHING** teachers need to have the background and skills to teach health. We revised every chapter, added a chapter on Safe and Healthful School Environment, included instructional technology, added over 200 pages of up-to-date health content, designed new *Totally Awesome Teaching Strategies™* which include The National Health Education Standards and performance indicators, and added a state-of-the-art Curriculum Guide. We even three-hole punched this practical teacher resource book so that you can place it in a three-ring binder!

What are the key components in this teacher resource book that make it the most widely used for comprehensive school health education?

Section 1. Comprehensive School Health Education includes five chapters and is designed to provide you with a framework for comprehensive school health education. In Chapter 1, you will learn about the six categories of risk behaviors that affect today's students, the national initiatives that support the need for comprehensive school health programs, and the eight components of the comprehensive school health program. You also will become acquainted with the framework for comprehensive school health education. Chapter 2 prepares you for your role in school health services. This chapter includes *An Encyclopedia of Health Concerns of School-Age Youth...from A to Z*. Chapter 3 describes a safe and healthful school environment. You will learn how to provide a healthful school environment, including ways you can create a positive emotional climate. You will learn how to provide a safe school environment. Special concerns in today's school environment such as what to do about violence, sexual harassment, drug use, environmental tobacco smoke, and exposure to bloodborne pathogens will be highlighted. Also included are suggestions for planning and implementing health promotion programs for staff. Chapter 4 will acquaint you with the comprehensive school health education curriculum. You will learn about educational reform and how to design a comprehensive school health education curriculum that promotes health literacy and the mastery of the performance indicators identified for the National Health Education Standards. Also included in this chapter are innovative ways to teach life skills, as well as evaluation techniques. Chapter 5 identifies

instructional strategies and technologies that help students gain health knowledge and develop and practice life skills.

Section 2. Health Content includes over 200 pages of health content so that you are well-informed with up-to-date health knowledge in ten areas of health. Health knowledge pertaining to the six categories of risk behaviors is included in one or more of the ten health content areas. The health knowledge for each health content area is organized by life skills. Life skills pertaining to the six categories of risk behaviors are included in one or more of the ten health content areas. The following chapters are included:

- Chapter 6. Mental and Emotional Health
- Chapter 7. Family Living
- Chapter 8. Growth and Development
- Chapter 9. Nutrition
- Chapter 10. Personal Health
- Chapter 11. Alcohol, Tobacco, and Other Drugs
- Chapter 12. Communicable and Chronic Diseases
- Chapter 13. Injury Prevention and Safety
- Chapter 14. Consumer and Community Health
- Chapter 15. Environmental Health

Section 3. *Totally Awesome Teaching Strategies*[™] explains how to design your classroom as a laboratory in which students develop and practice life skills for health. You will learn how to use *Totally Awesome Teaching Strategies*[™]. Then you are provided with *Totally Awesome Teaching Strategies*[™] for each grade level K–12 for each of the ten health content areas. These *Totally Awesome Teaching Strategies*[™] also cover the six categories of risk behaviors identified by the Centers for Disease Control and Prevention. All of the materials needed to implement the *Totally Awesome Teaching Strategies*[™] are readily available. Each of the *Totally Awesome Teaching Strategies*[™] is designed to help students develop and practice life skills for health and be able to master the performance indicators for The National Health Education Standards. Teaching masters, student masters, family health newsletters, and health behavior contracts have been added to enhance the *Totally Awesome Teaching Strategies*[™].

Section 4. *The Health Resource Guide* includes *The Health Resource Guide* which provides the names, addresses, and telephone numbers of agencies and organizations involved in promoting health in each of the ten health content areas in the curriculum. Within each major heading of the health content areas are subheadings of specialized areas. Whenever possible, toll-free numbers are listed for your convenience.

Section 5. *The Curriculum Guide* describes the ways you can use *The Comprehensive School Health Education Curriculum Guide*. This new state-of-the-art guide includes (1) a statement of philosophy and *The Wellness Scale*; (2) *The Responsible Decision-Making Model*; (3) *The Model for Using Resistance Skills*; (4) A *Scope and Sequence Chart* that includes the components of health literacy, The National Health Education Standards, the performance indicators, the content areas and life skills, and the health topics; (5) *Totally Awesome Teaching Strategies*[™] infused into several curriculum areas other than health, designed to promote health literacy, and with designated: health education standards, performance indicators, life skills, motivation, evaluation, suggestions for multicultural infusion, and suggestions for inclusion of students with special needs; (6) suggestions for including parents and involving the community.

The **Appendix** contains a copy of *The Opportunity-to-Learn Standards* for local agencies, community agencies, state agencies, teacher preparation institutions, and national health agencies. The **Glossary** includes vocabulary words and definitions. The **Index** provides a listing of page numbers that will help you quickly locate topics.

We created ***Comprehensive School Health Education: Totally Awesome Strategies for Teaching Health*[™]** especially for you. We want you to use it as you engage in a most important task—educating today's youth about health!

**Linda Meeks
Philip Heit
Randy Page**

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