# **Health Education**

Skowhegan Area High School

#### **Course Description**

Health education enables students to obtain, apply, and benefit from health information, services and skills in ways that enhance the individual, the community and society. Health knowledge and skills enhance the ability to achieve life goals and to develop themselves emotionally, mentally, physically and socially.

#### **Graduation Requirements**

All SAHS students must pass <u>one</u> semester of Health with a 70 or higher in order to earn the .5 credits needed for graduation.

All SAHS students must meet the proficiency standards set for the course to graduate.

### **Health Education Content Areas**

- → Community Health
- → Consumer Health
- → Environmental Health
- → Family Life Education
- → Growth & Development
- → Nutritional Health

- → Substance Use and Abuse
- → Safety and Accident Prevention
- → Prevention and Control of Disease and Disorders
- → Personal Health including Mental and Emotional Health

### Major Topics of Study

- Health Triangle
  Nutrition
- Stress Management
- Decision Making
- Goal Setting

- First Aid and CPR
  - Family Life
  - Substance Use & Abuse

### **Emphasized Health Skills**

- Communication
- Problem Solving
- Goal Setting
- Organizational Skills Public Speaking
- Group Collaboration
  Use of Current Technology

- Personal Responsibility
- Health Literacy
- Creativity

#### Student Feedback

★ "The drug unit helped me make a good decision."

- ★ "The guest speakers were informative and fun."
- ★ "The first aid unit told me exactly what to do in an emergency."
- ★ "I loved this class!"

#### Guest Speakers & Other Supporting Agencies















#### **Health Awareness Posters**



#### March of Babies !!

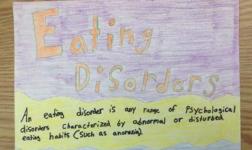
~ Every year more than half a million babies are born prematurely, and more than 120,000 are born with serious birth defects!

> ~ For every dalar raised, .764 is donated to research to prevent these issues!

~All together, we've raised more than 2 billion dollars since 1970!!!

March for babies helps fund the research of preventing premature births, birth defects, and infant inmortal; ity!

March of Dime



#### Did You Know?

There are 3 main eating disorders @Anorexia nervosa, Bulimia nervosa, Binge Eating.

People in the U.S.

Eating DiSorder

Only a mere lat of People with eating disorders receive treatment and these only 35% seek treatment from a facility that Specializes in eating disorders.

I Won't

## **Questions or Concerns?**

Contact Fawn Haynie at fhaynie@msad54.org