

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 one 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
- Stress Management
- Decision Making
- Goal Setting
- Nutrition
- First Aid and CPR
- Family Life
- Substance Use & Abuse

Emphasized Health Skills

- Communication
- Problem Solving
- Goal Setting
- Organizational Skills
- Group Collaboration
- Personal Responsibility
- Health Literacy
- Creativity
- Public Speaking
- Use of Current Technology

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

MELANOMA

WHAT IS IT?

Melanoma is the most dangerous form of skin cancer. It is caused when damage to skin cells from UV Light Radiation (from sunlight or tanning beds) occurs.

Important Facts:

- 1# If it is not treated early, it can kill the victim.
- 2# Irregular moles are the first warning signs of Melanoma.
- 3# Wearing sunscreen and avoiding tanning beds can help you not catch the disease.



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 dollar raised, 76¢ 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 mortality!

"March of Dimes"

Eating Disorders

An eating disorder is any range of psychological disorders characterized by abnormal or disturbed eating habits (such as anorexia).


Did You Know?

Only a mere 10% of people with eating disorders receive treatment and these only 35% seek treatment from a facility that specializes in eating disorders.

There are 3 main eating disorders: ① Anorexia nervosa, ② Bulimia nervosa, ③ Binge Eating.

Approximately 24 million people in the US struggle with an

Eating Disorder



Questions or Concerns?

Contact Fawn Haynie at
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