

Characteristics for Selecting Effective School Health Education Curriculum

Objectives

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- Differentiate between content-based and skills-based instruction.
 - Identify 5 Characteristics of Effective Health Education Curricula.
 - Describe how to apply Characteristics of Effective Health Education Curricula.
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Health Education Curriculum & Training Selection Tool

Agenda and Notes Handout

Welcome

Share NC Standards Update

Share SHAPE America Standards Update

Content-based and skills-based

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What three things should be in place prior to using the HECAT to create or select a health education curriculum?

1. 15 Characteristics Training

2. Policy and technical assistance for Health Education

3. Scope and sequence

The Goal of Health Education

Pretend that you are in an elevator, and it gets stuck. You strike up a conversation with the two people in the elevator with you. They ask you what you do, indicating that you are a school health education professional. They both ask you what the goal of school health education is and why it is essential.

Be prepared to share your responses.

Notes:

6. Builds personal competence, social competence, and self-efficacy by addressing skills.

An effective curriculum builds essential skills — including communication, refusal, assessing accuracy of information, decision making, planning and goal setting, self-control, and self-management — that enable students to build their personal confidence, deal with social pressures, and avoid or reduce risk behaviors.

For each skill, students are guided through a series of developmental steps:

Discussing the importance of the skill, its relevance, and relationship to other learned skills.

Presenting steps for developing the skill.

Modeling the skill.

Practicing and rehearsing the skill using real-life scenarios.

Providing feedback and reinforcement.

Chat Discussion

7. Provides functional health knowledge that is basic, accurate, and directly contributes to health- promoting decisions and behaviors. An effective curriculum provides accurate, reliable, and credible information for usable purposes so students can assess risk, clarify attitudes and beliefs, correct misperceptions about social norms, identify ways to avoid or minimize risky situations, examine internal and external influences, make behaviorally relevant decisions, and build personal and social competence. A curriculum that provides information for the sole purpose of improving knowledge of factual information will not change behavior.

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10. Provides age-appropriate and developmentally- appropriate information, learning strategies, teaching methods, and materials. An effective curriculum addresses students’ needs, interests, concerns, developmental and emotional maturity levels, experiences, and current knowledge and skill levels. Learning is relevant and applicable to students’ daily lives. Concepts and skills are covered in a logical sequence.

Chat discussion

14. Provides opportunities to reinforce skills and positive health behaviors. An effective curriculum builds on previously learned concepts and skills and provides opportunities to reinforce health- promoting skills across health topics and grade levels. This can include incorporating more than one practice application of a skill, adding “skill booster” sessions at subsequent grade levels, or integrating skill application opportunities in other academic areas. A curriculum that addresses age-appropriate determinants of behavior across grade levels and reinforces and builds on learning is more likely to achieve longer-lasting results.

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15. Includes teacher information and plans for professional development and training that enhance effectiveness of instruction and student learning. An effective curriculum is implemented by teachers who have a personal interest in promoting positive health behaviors, believe in what they are teaching, are knowledgeable about the curriculum content, and are comfortable and skilled in implementing expected instructional strategies. Ongoing professional development and training is critical for helping teachers implement a new curriculum or implement strategies that require new skills in teaching or assessment.

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What questions do you have?

Please take our Survey- Link is in the Chat!!

Resources

- SHAPE America Standards (HPE) <https://www.shapeamerica.org/standards/>
- HECAT <https://www.cdc.gov/healthyyouth/HECAT/index.htm>
- 15 Characteristics of Effective Health Education Curriculum
<https://www.cdc.gov/healthyschools/sher/characteristics/index.htm>

What are your Ah-Ha moments?

Things you can do now.