

# Health World Outreach Programs

## General Health Education

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### **Clean Machine, Grades: K, 1, 2**

Supports IL State Standards: 22.A.1b, 22.B.1, 22.C.1, 23.B.1

- Importance of washing hands and oral hygiene
- How to avoid sharing germs
- The importance of dental hygiene

**Program includes:** Games • Models • Demonstration of Spreading Germs

### **Senses Sensation, Grades: P (4 Years Old)\*, K, 1, 2**

Supports IL State Standards: 12.A.1a, 22.A.1c, 23.A.1

- Identification and function of 5 senses
- How to protect the sense organs

**Program includes:** Games • Multi-media Presentation • Character Music Videos

### **Staying Healthy, Grades: P (4 Years Old)\*, K, 1, 2**

Supports IL State Goals: 22.A.1b, 22.B.1, 23.A.1, 23.B.1, 23.C.1

- The importance of exercise, healthy nutrition and adequate rest in promoting health
- Learn proper oral hygiene and hand washing

**Program will include:** Group Activities • Physical Activity

### **All About Me, Grades: 3, 4**

Supports IL State Standards: 12.A.3a, 20.A.2a, 20.B.1, 20.B.2a, 23.A.1, 23.A.2, 23.A.3, 23.A.4, 23.B.1

- Facts about 3 key body systems: digestive, respiratory, circulatory
- The role of key organs within each system
- Relationship between systems and nutrition, physical activity, hygiene and sleep

**Program includes:** Demonstrations • Inflatable Lungs • Amplified Stethoscope

# Health World Outreach Programs

## Nutrition Education

### **Food Groupies, Grades: P (4 Years Old)\*, K, 1, 2**

Supports IL State Standards: 22.A.1b, 22.B.1, 23.B.1, 23.B.2

- The concepts of the MyPyramid
- How specific nutrients help the body grow and be healthy
- How to select foods from the 5 food groups to obtain a balanced diet

**Program includes:** Multi-media Presentation • Group Activities

### **Way to Grow, Grades: 3, 4, 5**

Supports IL State Goals: 22.A.1b, 22.A.2b, 22.A.3b, 22.B.2, 23.B.2, 23.C.2a

- The concept and use of the MyPyramid
- The importance of choosing healthy meals for growth, development and health
- To assess the nutritional components of their diets

**Program will include:** Group Activities • Multi-media Presentation

### **Fast Food Vacation, Grades: 6, 7, 8**

Supports IL State Goals: 6.B., 6.C.3a, 20.B.3b, 20.C.3a, 22.A.3a, 22.A.3b, 22.B.2, 23.B.3, 23.C.3

- Interpret mixed media and advertisement messages and their influence on food choices
- Relate fast food choices to health outcome
- Fast Food Fats, Serving-Size Match up, and Think Your Drink games
- Introduction to label reading

**Program will include:** Group Interaction • Multi-media Presentation • Menu Evaluation and goal setting

## Mental Health/Life Skills

### **Accepting Yourself and Others, Grades: 2, 3**

Supports IL State Standards: 24.A.2a, 24.A.2b, 24.A.1b, 24.A.2b, 24.A.3b, 24.A.3c, 24.C

- Importance of self-esteem and the Golden Rule
- Techniques for expressing their feelings/handling anger
- Acceptance and building upon differences among people

**Program includes:** Multi-media Presentation • Role Playing • Games

### **Friends and Allies, Grades: 4, 5**

Supports IL State Standards: 24.A.2a, 24.A.2b, 24.A.3a, 24.C.1

- The difference between bullies, targets, allies and bystanders
- The impact of actions and words on others
- The importance of empathy
- Identifying techniques to diffuse bullying (including cyber bullying)

**Program includes:** Role Playing • Group Discussion • Activities

# Health World Outreach Programs

## Mental Health/Life Skills (continued)

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### **Getting Along with Others, Grades: 5, 6, 7, 8**

Supports IL State Standards: 24.A.2a, 24.A.2b, 24.A.3a, 24.A.3b, 24.A.3c, 24.A.4a, 24.A.4b, 24.C

- Communication skills including I-messages and active listening
- Conflict resolution skills
- Conflict avoidance skills
- Importance of cooperation and compromise

**Program includes:** Role Playing • Multi-media Presentation • Activities

### **Body Image: Keep it Real Grades: 5, 6**

Supports IL State Standards: 22.A.3b, 22.B.2, 23.A.2, 23.B.2, 23.B.3, 23.C.2a, 23.C.2b, 23.C.3

Supports IL State Social Emotional Learning Standards: 1B.2b, 2D.3b, 3A.2a, 3A.2b

- Positive and negative body image discussion
- How peers, cultural messages and the media can impact a person's body image
- Critically analyze images in media
- Ways to maintain a healthy and positive body image

### **Body Image: Straight Talk for Teens Grades: 7, 8**

Supports IL State Standards: 22.A.3b, 22.B.2, 23.B.2, 23.B.3, 23.C.2a, 23.C.3

Supports IL State Social Emotional Learning Standards: 1B.2b, 2D.3b, 3A.2a, 3A.2b

- Building a positive self-image
- Overwhelming messages from print and television media, peers, and family
- Consequences of dieting, chemicals, disordered eating and cosmetic surgery

# Health World Outreach Programs

## **Substance Abuse Education**

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### **Choices and Consequences, Grades: 4, 5, 6**

Supports IL State Standards: 22.A.1c, 22.A.2c, 22.B.2, 24.C.1, 24.C.2

- The consequences of choices involving drugs (alcohol, tobacco, marijuana, inhalants)
- How to practice responsible decision-making
- How the media and peer pressure attempt to influence our choices

**Program includes:** Role Playing • Multi-media Presentation • Media Analysis

### **Deciding About Alcohol or Tobacco, Grades: 7, 8**

Supports IL State Standards: 22.A.2c, 22.A.3a, 22.B.2, 23.B.2, 23.B.3, 24.B.3, 24.C.2

- Tobacco or alcohol will be discussed with the emphasis on the effects of those drugs on the human body.
- Programs are designed to help students make informed decisions regarding alcohol and tobacco.
- How drugs affect organ function and decision-making abilities

**Program includes:** Group Interactions • Multi-media Presentation • Demonstrations of Various Drug Effects • Media Analysis.

# Health World Outreach Programs

## Environmental Health Education

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### Adventures in Nature, Grades: K, 1, 2

Supports IL State Goals: 12, 13, 13.B.1e, 22.C.1, 22.C.2, 22.C.3a, 22.C.3b

- Identifying 5 natural resources
- Ways in which pollution affects our health
- Simple ways to reduce, reuse and recycle

**Program will include:** Interactive Multi-media Presentations • Demonstrations

### Earth Care, Grades: 3, 4, 5

Supports IL State Standards: 12, 13, 13.B.2d, 13.B.2e, 22.C.1, 22.C.2, 22.C.3a, 22.C.3b Science Standards: C, D, and F

- The ecosystem and the concept of interdependence
- The concepts of water, air and nutrient cycles
- How personal use can have an impact on the immediate environment
- The importance of reducing, reusing and recycling

**Program includes:** Ecosystem Game • Demonstrations • Group Discussion • Multi-media Presentation

## Family Life Education

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### Boy Talk, Grades: 5, 6

Supports IL State Standards: 23.A.2, 23.C.2, 23.C.4, 23.B.5, 23.C.2b

- Physical changes that take place for boys during puberty
- The function of the male reproductive system
- Emotional characteristics of puberty, including self-image pressures
- The importance of good nutrition, hygiene, and exercise

**Program includes:** Group Interaction • Multi-media Presentation • Game

### Boy Talk Plus, Grades: 5, 6

- 90 minute session
- Combination of Boy Talk and Life Begins program

\*more Family Life Education programs on following page

# Health World Outreach Programs

## Family Life Education (continued)

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### **Girl Talk, Grades: 4, 5**

Supports IL State Standards: 23.A.2, 23.C.2, 23.C.4, 23.B.5, 23.C.2b

- Physical changes that take place for girls during puberty
- The function of the female reproductive system, including menstrual cycle
- Emotional characteristics of puberty, including self-image pressures
- The importance of good nutrition, hygiene, and exercise

**Program includes:** Group Interaction • Multi-media Presentation

### **Girl Talk Plus, Grades: 4, 5**

- 90 minute session
- Combination of Girl Talk and Life Begins program

### **Life Begins, Grades: 5, 6**

Supports IL State Standards: 23.A.2, 23.C.2, 23.C.4, 23.B.5, 23.C.2b

- The miracle of human development from conception to birth
- The structure and function of the reproductive systems (male and female)
- Basic characteristics of puberty

**Program includes:** Multi-media Presentation • Demonstration • Group Interaction

### **HIV/AIDS, Grades: 6, 7, 8**

Supports IL State Standards: 22.A.2a, 22.A.2b, 22.A.3a, 22.A.3b, 23.B.3, 24.B.3, 24.C.2

- The immune system and how HIV affects
- Identifying the means of transmission of HIV
- To correct myths surrounding HIV/AIDS
- **Optional:** Information regarding condoms in relation to HIV/AIDS prevention

**Program includes:** Multi-media Presentation • Simulation to demonstrate the rapid spread of HIV

# Health World Outreach Programs

## Safety

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### Safety Kids, Grades: K, 1, 2

Supports IL State Standards: 22.A.1b, 22.A.1c

- How to recognize an emergency
- Fire, home, car and people/stranger safety
- How and when to call 911

Program includes: Multi-media presentation • Hands on participation

### Operation Lifesaver, Grades: K, 1, 2, 3, 4, 5, 6, 7, 8

Supports IL State Standards: 22.A.1c, 22.A.2c, 22.A.3c

- Facts about trains and train safety
- How, when and where to cross trains safely
- Importance of obeying all railroad warning signs, lights, and gates

**Program includes:** Multi-media Presentation • Demonstration

*This program is free of charge due to the generous support of grant funding.*

### Drive It Right | Grades: 5, 6, 7, 8, and 9

Supports IL. State PHYSICAL DEVELOPMENT & HEALTH GOALS: 22.A.2c, 22.A.3c, 22.B.2, 24. B.2, 24.B.3, 24.C.2, 24.C.3

SOCIAL-EMOTIONAL LEARNING STANDARDS: 2A.2b, 2A.3b, 2D.3b, 2B.2a, 3B.2b, 3B.3b

Health World has partnered with The Allstate Foundation to facilitate in-school Drive It Right programs throughout the region. Drive It Right is designed to empower your entire school community to make healthy and positive choices especially related to safe teen driving, whether students are the driver or the passenger. For more information or to book a Drive It Right program call 847-842-9100 ext. #284. Or E-mail: HealthWorldDIR@yahoo.com This powerful curriculum is available through the generous support of The Allstate Foundation.

*This program is free of charge due to the generous support of grant funding.*