

Health World Outreach Programs

General Health Education

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

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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

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Mental Health/Life Skills (continued)

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

Have You Seen ED? Everyone's Different, Grades: 2, 3, 4, 5

Meets IL State Standards - *Health*: 21.B.1, 21.B.2, 21.C.2, 24.A.1a, 24.A.1b, 24.A.2b

Social/Emotional: 2A.1a, 2A.2a, 2B.1a, 2B.1b, 2B.2b, 2C.1a, 2C.1b, 2C.2b, 3A.1a, 3A.2a

Make your students **STOP, LOOK, LISTEN** and **THINK** before they **ACT**. ED provides insight and understanding about the importance of diversity, tolerance, and inclusion through thought-provoking demonstrations and eye-opening life situations. Programming made possible by The Allstate Foundation.

Got Diversity?, Grades: 6, 7, 8

Meets IL State Standards - *Health*: 24.A.3c *Social Emotional*: 1B.3a, 2A.3a, 2A.3b, 2B.2a, 2B.3a, 2C.3a, 2C.3b, 2D.2a, 2D.3a, 2D.3b, 3A.2a, 3A.3a, 3A.3b, and 3B.3b

Students will explore their own diversity by identifying personal strengths and appreciating how these strengths unify communities. Through engaging activities, students also further understand the effects of stereotyping and the importance of respect and empathy. Programming made possible by The Allstate Foundation.

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

Substance Abuse Education

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 Drugs, Grades: 7, 8

(Choose Emphasis: Alcohol, Street Drugs, Tobacco)

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

- Current information regarding the harmful effects of drug use
- The consequences of drug use on the body and daily life
- How drugs affect organ function and decision-making abilities

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

www.healthworldoutreach.org

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Environmental Health Education

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

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

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

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Family Life Education (continued)

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

Approaching Adulthood, Grades: 6, 7

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

- Physical characteristics of puberty for boys and girls
- Factors involved in maintaining good personal hygiene
- The functions of the endocrine and male/female reproductive systems

Program includes: Self-Assessment Game • Multi-media Presentation

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/First Aid

First Aid for Kids, Grades: 1, 2

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

- The steps to take following an accident
- How to call 911
- First Aid for bleeding, choking, bites, stings and poisons

Program includes: Demonstrations • Hands-on Participation

You Are There – Are You Ready?, Grades: 6, 7, 8

Supports IL State Standards: 22.A.3c, 22.A.4c, 24.B.3

- Actions to take at the scene of an accident
- Basic first aid techniques for bleeding, burns and choking
- Safety precautions for avoiding accidents

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