



Your Partner in Education
Preschool - Grade 8

COURSE BOOKLET

OUTREACH EDUCATION

**NOT JUST HEALTH EDUCATION,
HEALTH WORLD OUTREACH EDUCATION! ASK FOR IT BY NAME!**

Healthy Now for a Healthy Future!

Curriculum Quick Guide

Outreach Classes	Grade Levels: P K 1 2 3 4 5 6 7 8								
Food Groupies ¹	•	•	•	•					
Senses Sensation ¹	•	•	•	•					
Staying Healthy ¹	•	•	•	•					
Adventures in Nature ¹		•	•	•					
Clean Machine ¹		•	•	•					
Safety Kids		•	•	•					
Accepting Yourself and Others				•	•				
All About Me					•	•			
Earth Care					•	•	•		
Way to Grow					•	•	•		
Friends and Allies						•	•		
Girl Talk						•	•		
Girl Talk Plus ²						•	•		
Boy Talk							•	•	
Boy Talk Plus ²							•	•	
Life Begins							•	•	
Body Image: Keep It Real							•	•	
Body Images: Straight Talk for Teens									•
Choices and Consequences							•	•	•
Getting Along with Others							•	•	•
HIV/AIDS								•	•
Fast Food Vacation								•	•
Deciding About Alcohol									•
Deciding About Tobacco									•
Operation Lifesaver	•	•	•	•	•	•	•	•	•

Classes are 60 minutes unless otherwise denoted: ¹ - 45 min. | ² - 90 min.

Additional Health World Programming:

Parent Nights: Parents have the opportunity to learn what will be presented to their kids on the following topics: Nutrition, Drug Education or Family Life/Puberty.

Partnerships: Districts and schools receive priority scheduling and a convenient and cost-effective learning experience for all students.

Traveling Exhibits: Call today and learn how you can bring one of Health World’s traveling exhibits to your school. Exhibit topics include: General Health, Train Safety, and Fire Safety. Another interactive resource you won’t want to miss! Made possible by:



OUTREACH POLICIES:

- Schools outside Cook, Lake, McHenry, Kane, and DuPage counties are subject to an additional travel cost
- Payment is required at least two (2) weeks prior to our visit
- \$50 non-refundable deposit is required upon reservation

Please call (847) 842-9100 for more information about the above resources.

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

French fries are one of the most eaten vegetables in the U.S.

Way to Grow | Grades: 3, 4, 5

Supports IL State Standards: 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
- Assessing the nutritional components of diets

Program Includes: Group Activities • Multi-media Presentation

Fast Food Vacation | Grades: 6, 7, 8

Supports IL State Standards: 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 influences 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 Includes: Multi-media Presentation, Group interaction, Menu evaluation

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
- Importance of dental hygiene

Program Includes: Games • Models • Demonstration of Spreading Germs

More than 16% of American children ages 6-19 years old are considered overweight.

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 Standards: 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 Includes: Group Activities • Physical Activity • Multi-media Presentation

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 these systems
- Relationship between systems and nutrition, physical activity, hygiene and sleep

Program Includes: Demonstrations • Inflatable Lungs • Amplified Stethoscope

OUR MOST POPULAR PROGRAM!

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 feelings/handling anger
- Acceptance of and building upon differences among people

Program includes: Role Playing • Multi-media Presentation • 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

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.3a, 22A.3b, 23.B.3, 23.C.3, 3B.3b

- Discussion of positive and negative body image
- The impact of peers, culture and media on body image
- Consequences of harmful choices to change body size
- Ingredients to maintain a positive body image

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.C.3

- 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

Helps meet
Social and
Emotional
Learning
Standards!

Safety

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



Substance Abuse Education

UPDATED!

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 choices

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

Deciding about Alcohol or Tobacco | Grades: 7, 8

(Choose Emphasis: Alcohol, or Tobacco)

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

- Deciding about Tobacco OR Deciding About Alcohol
- 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 drugs.

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

Nicotine only takes 8 seconds to reach the brain and start making changes

Environmental Health Education

Adventures in Nature | Grades: K, 1, 2

Supports IL State Standards: 12, 13, 13.B.1a, 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 Includes: Interactive Multi-Media Presentations • Demonstrations

Turning off the water when you brush your teeth will save 10 gallons of water

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, 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
- 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 programs

Program Includes: Group Interaction • Multi-media Presentation • Game

* More Family Life Education programs on following page.

Family Life Education (Continued)

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 structures and function of the female reproductive system, highlighting the menstrual cycle
- Emotional characteristics of puberty, including self-image pressures
- Importance of good personal hygiene, nutrition and exercise

Program Includes: Group Interaction • Multi-media Presentation • Demonstration

Girl Talk Plus | Grades: 4, 5

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

Program Includes: Group Interaction • Multi-media Presentation • Game

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

Boys and girls experience puberty at younger ages than previous generations.

UPDATED!

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 it
- Identifying the means of transmission of HIV
- Correcting 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

Additional Health World Programming

Operation Lifesaver | Grades: K-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



Metra

Drive It Right | Grades: 5, 6, 7, 8, 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.



Allstate

Foundation

These two programs are free of charge due to the generous support of grant funding.



Additional Health World Information:

Is your school district partnered with Health World?

ATTENTION TEACHERS, PRINCIPALS & CURRICULUM DIRECTORS:

Let Health World Outreach provide comprehensive and cost-effective resources to fulfill your health education curriculum.

- Meet Illinois State Standards, and comply with Social and Emotional Learning Standards, School Wellness Policy Practices and Drug Education requirements with one resource.
- Receive priority scheduling.
- Utilize supplemental material.
- Add Parent Nights, Traveling Exhibits, and more to satisfy your curriculum needs.
- Ask About Special Partnership Pricing!



Reserve Your Outreach Programs Today!

Call Health World's School Coordination Team at (847)842-9100 ext. #281 or visit us on line at www.healthworldoutreach.org to make your reservation.

Outreach programs are available Monday – Friday with confirmed reservations.

OUTREACH PRICING:

Programming Option	Pricing
Outreach Programs	\$6.50/student \$150.00 per class minimum fee* 60 student maximum per class
Parents Nights	\$200.00
Simultaneous Programming	Additional \$25.00 charge for 2nd Educator
Discount Options	Ask today on how to get a discount on pricing.

**Boy Talk/Girl Talk are considered separate programs*

What are teachers saying about Health World?

“Presenter was clear and held students’ attention well. Excellent visuals – just as informative as visiting the museum.”

-6th grade teacher from Palatine

“Presenter related well to my 3rd graders and presented all the information in a fun and informative way. I’ll add this program each year to my Science class.”

-3rd grade teacher from Naperville

“Outstanding program meeting our District and State Benchmark and standards!”

-4th grade teacher from Barrington

“This was a great program. I would love to have you come back.”

-4th grade teacher from Chicago



**Endorsed by
the American
Academy of
Pediatrics**



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For programming in Arizona call: 480-513-8100

www.healthworldoutreach.org



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