



Your Partner in Education
Preschool - Grade 8

COURSE BOOKLET

OUTREACH EDUCATION

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



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 pre/post-visit materials which are available for all programs.
- Add Parent Nights, Traveling Exhibits, and more to satisfy your curriculum needs.

Reserve Your Outreach Programs Today!

Call Health World Outreach Education School Coordination Team at (847) 842-9100 or visit us online at www.healthworldoutreach.org to make your reservation.

Outreach programs are available Monday – Friday with confirmed reservations.

OUTREACH PRICING:

Students: \$3.85 per student

Teachers: FREE

**90-minute programs (“Girl Talk PLUS” and “Boy Talk PLUS”) = \$5.00 per student*

**Add “Have you seen Ed?” or “Got Diversity?” to any program for an additional \$1.50 per student*

Book 2 programs in one day for the same set of students and pay only \$6.00 per student

**90-minute programs are additional*

OUTREACH POLICIES:

- A minimum of thirty (30) students is required per outreach program
- \$5 fuel surcharge applied to all outreach reservations
- 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

Health World’s Chicago Public Schools Vendor Number: 24127

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 ²	•	•	•	•					
Senses Sensation ²	•	•	•	•					
Staying Healthy ²	•	•	•	•					
Adventures in Nature ²		•	•	•					
Clean Machine ²		•	•	•					
First Aid for Kids ²			•	•					
Accepting Yourself and Others				•	•				
All About Me					•	•			
Have You Seen Ed? - Everyone's Different ¹				•	•	•	•		
Earth Care					•	•	•		
Way to Grow					•	•	•		
Friends and Allies						•	•		
Girl Talk						•	•		
Girl Talk Plus ³						•	•		
Boy Talk							•	•	
Boy Talk Plus ³							•	•	
Life Begins							•	•	
Body Image: Keep it Real							•	•	
Choices and Consequences							•	•	•
Getting Along with Others							•	•	•
Approaching Adulthood								•	•
HIV/AIDS								•	•
You Are There - Are You Ready?								•	•
Fast Food Vacation								•	•
Got Diversity? ¹								•	•
Deciding About Alcohol									•
Deciding About Street Drugs									•
Deciding About Tobacco									•
Operation Lifesaver	•	•	•	•	•	•	•	•	•

Classes are 60 minutes unless otherwise denoted: ¹ - 30 min. | ² - 45 min. | ³ - 90 min.

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 NEW 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:



May We Recommend? Pair up two programs for a morning or afternoon of fun, informative learning. We think the following programs complement each other well.

- Girl Talk (Plus) AND Body Image: Keep it Real
- Boy Talk (Plus) AND Body Image: Keep it Real
- Life Begins AND Body Image: Keep it Real
- Friends and Allies AND Body Image: Keep it Real

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.

UPDATED!

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

Helps meet
Social and
Emotional
Learning
Standards!

NEW!

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

***A new Body Image program for 7th-8th graders will be available in January of 2009!**

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

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

Meets IL State Health and Social-Emotional Learning Standards

Add this 30-minute program to another class. Make your students **STOP, LOOK, LISTEN & 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.

Made possible by:  **Allstate**
You're in good hands.



Got Diversity? | Grades: 6, 7, 8

Meets IL State Health and Social-Emotional Learning Standards

Add this 30 minute program to another class. 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.

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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 choices

Program Includes: Role Playing • Multi-media Presentation • Media Analysis

Deciding About Drugs | Grades: 7, 8

(Choose Emphasis: Alcohol, Street Drugs, or 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

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.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 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

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

Safety/First Aid

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

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

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

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 male and female
- 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 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

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

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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