

# Updating Health Curriculum to Meet the Needs of Today's Teen

@teaching\_health  
#HealthEd

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Turn to your elbow partner and tell them...

1. Your name
2. Where you work/what you teach
3. What **content** are you currently teaching in health ed?



Current/Relevant/Adaptable

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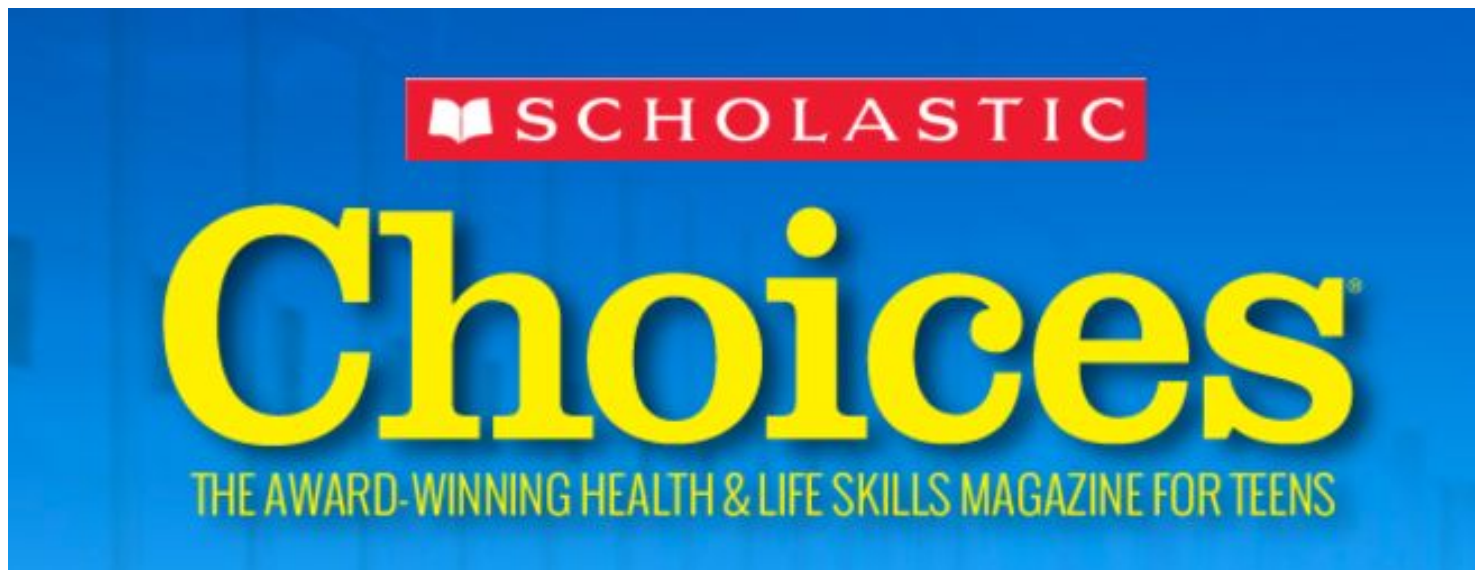




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# Choices IDEABOOK

Simple, spectacular ideas for using Choices in your classroom

Current Issue



All of today's resources can be found at

<http://thehealthteacher.com/appec-2017/>

**What are the top health concerns for students at your school?**

**Pick the top 3, write each of them onto 3 separate Post-its and group them up on the board.**





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The Atlantic Sept. 2017

*The Atlantic*

# Have Smartphones Destroyed a Generation?

More comfortable online than out partying, post-Millennials are safer, physically, than adolescents have ever been. But they're on the brink of a mental-health crisis.

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*“More comfortable online than out partying, post-Millennials are safer, physically, than adolescents have ever been. But they’re on the brink of a mental-health crisis.”*



# Tips and resources for getting (and keeping!) your health classes up-to-date.

\*All articles and resources shared will have a live link on the presentation with the word **RESOURCE** highlighted in yellow.

**Tip #1: Know your audience.**  
Figure out the concerns of *your student population* and  
prioritize your content around  
that...

Of course we want to use the YRBS, but....

Tip #1: Know  
your audience...

# Journaling

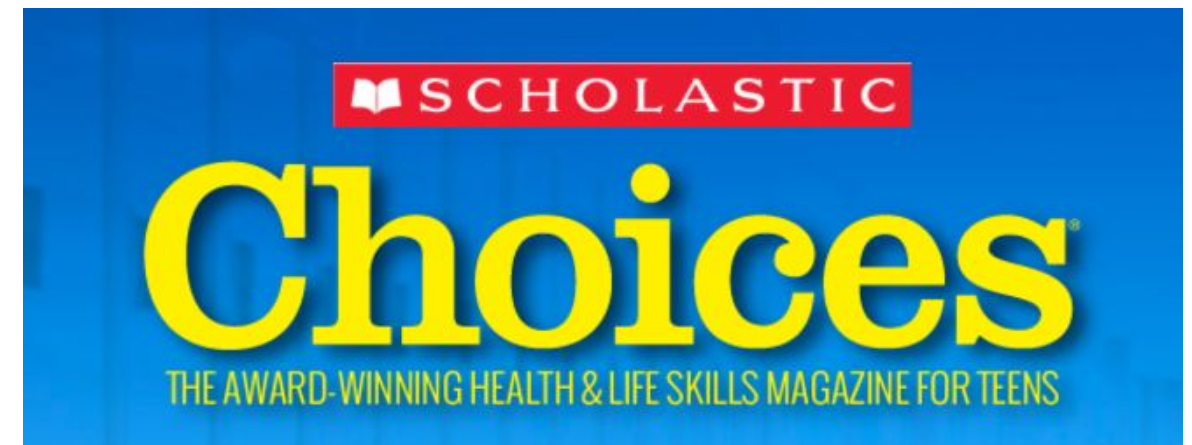
## 7 Reasons to Use Journaling in Your Classroom



Amy Lauren Smith



Shutterstock



**Resource:** [7 Reasons to Use Journaling in Your Classroom](#)



**Tip #1: Know  
your audience...**

**Journal #1:** “What are some of *the biggest health concerns* in your school community, in your family, and for you personally?”

**Resource:** [7 Reasons to Use Journaling in Your Classroom](#)

## **Class Discussions**

- Mix it up: Full class, small group, and online platforms
- **Talk about other people first!** Talking about issues with younger kids or parents first (especially when it comes to technology use) will get teens to open up.

How could your parents have helped you make healthy choices in middle school?

Technology was the area that I struggled most with. When I was a 6th grader I would sleep really late thinking I was cool because I was staying up late gaming or texting all night. **I think that a strategy for parents is to take technology out of the room when it's bedtime.** However, I think you should eventually give technology back as they grow older and explain to them why you shouldn't stay up all night.



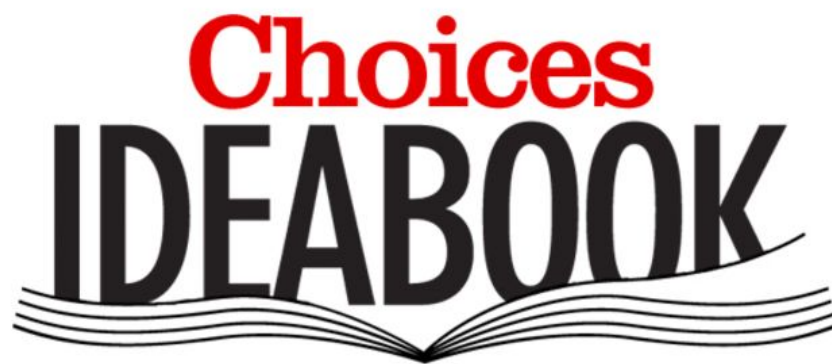
## **Stay current with events in the news and popular media**

- Read the news! Texting suicide case, Penn State hazing death, sexual assault and consent
- Read YA fiction, watch popular TV shows, be familiar with the media that teens are consuming

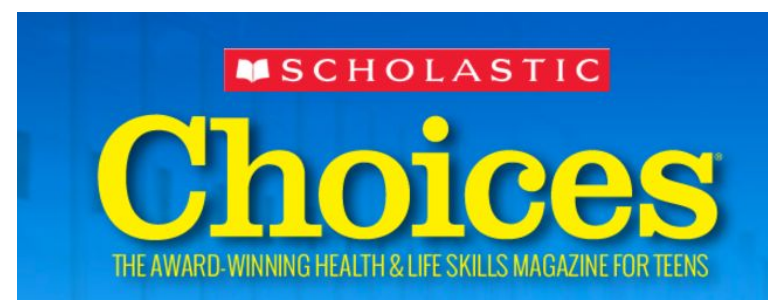
## **Resource:** 6 Online Resources for Planning a Health Curriculum



**The New York Times**



Simple, spectacular ideas for using Choices in your classroom





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# Choices IDEABOOK

Simple, spectacular ideas for using Choices in your  
classroom

**Resource:** [Choices Ideabook](#)



## Tip #1: Know your audience...

### And check with the experts first!!!

- Don't bring up or show clips of controversial shows without checking first if it's appropriate and having a discussion guide handy...
- **Resources:** [What Health Teachers Can Learn From '13 Reasons Why'](#) and [A Viewing Guide for 'To the Bone'](#)
- When in doubt: [CommonSenseMedia.org](http://CommonSenseMedia.org)

**Tip #2: Keep what's working...  
and don't be afraid to ditch  
what's not.**

Keep what's  
working...

- Use similar project ideas, but tweak the content and the final product
- **Use student voice and choice.**  
Whether on individual or group projects, and even as a whole class.

**Resource:** [The Two Keys to Keeping Content Relevant in Health Ed](#)





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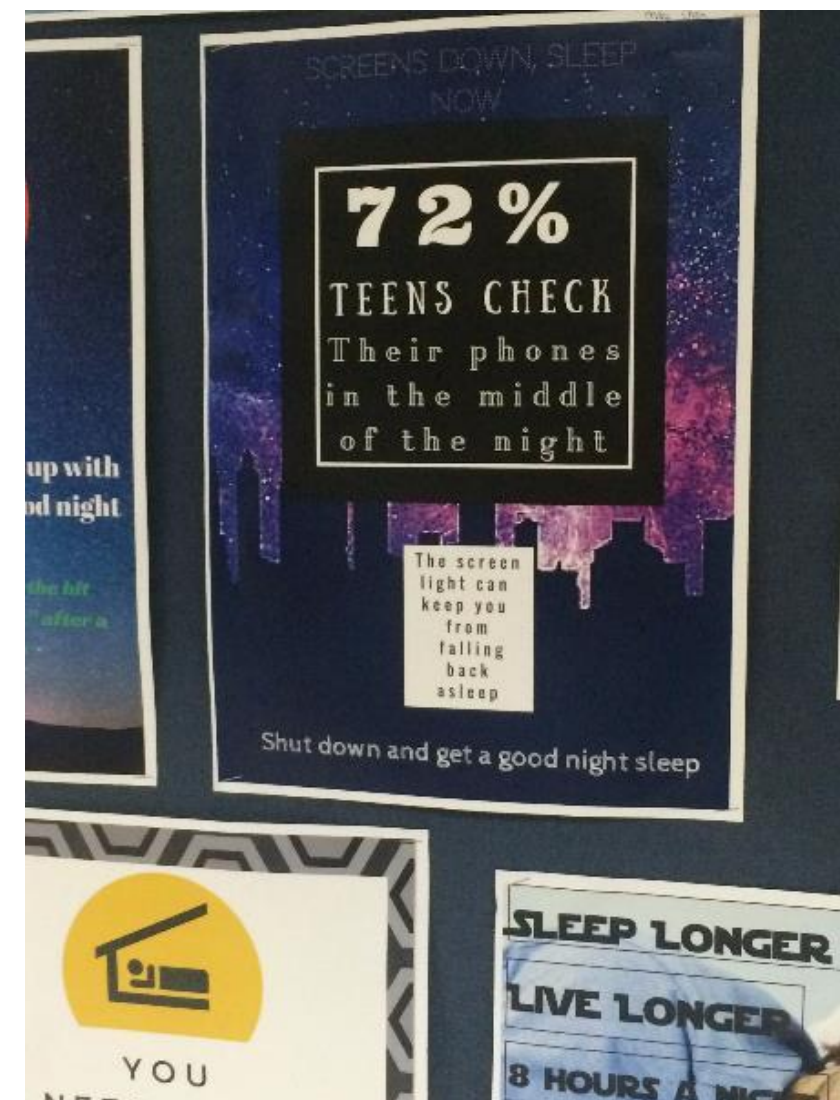
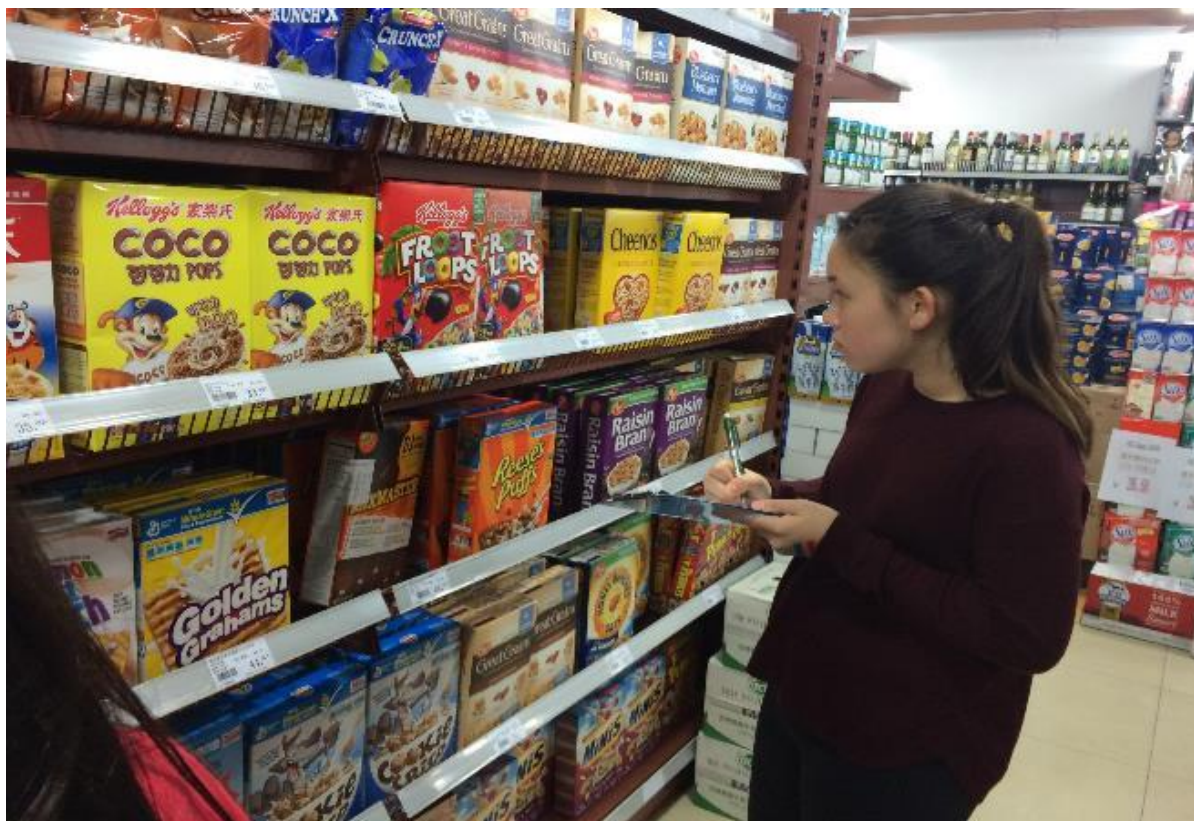
## Resource: Sleep Advocacy Instagram Posts





Don't be afraid to  
switch it up...

**Resource:** 6 Ways to Bring Authentic Learning to Your Health Class

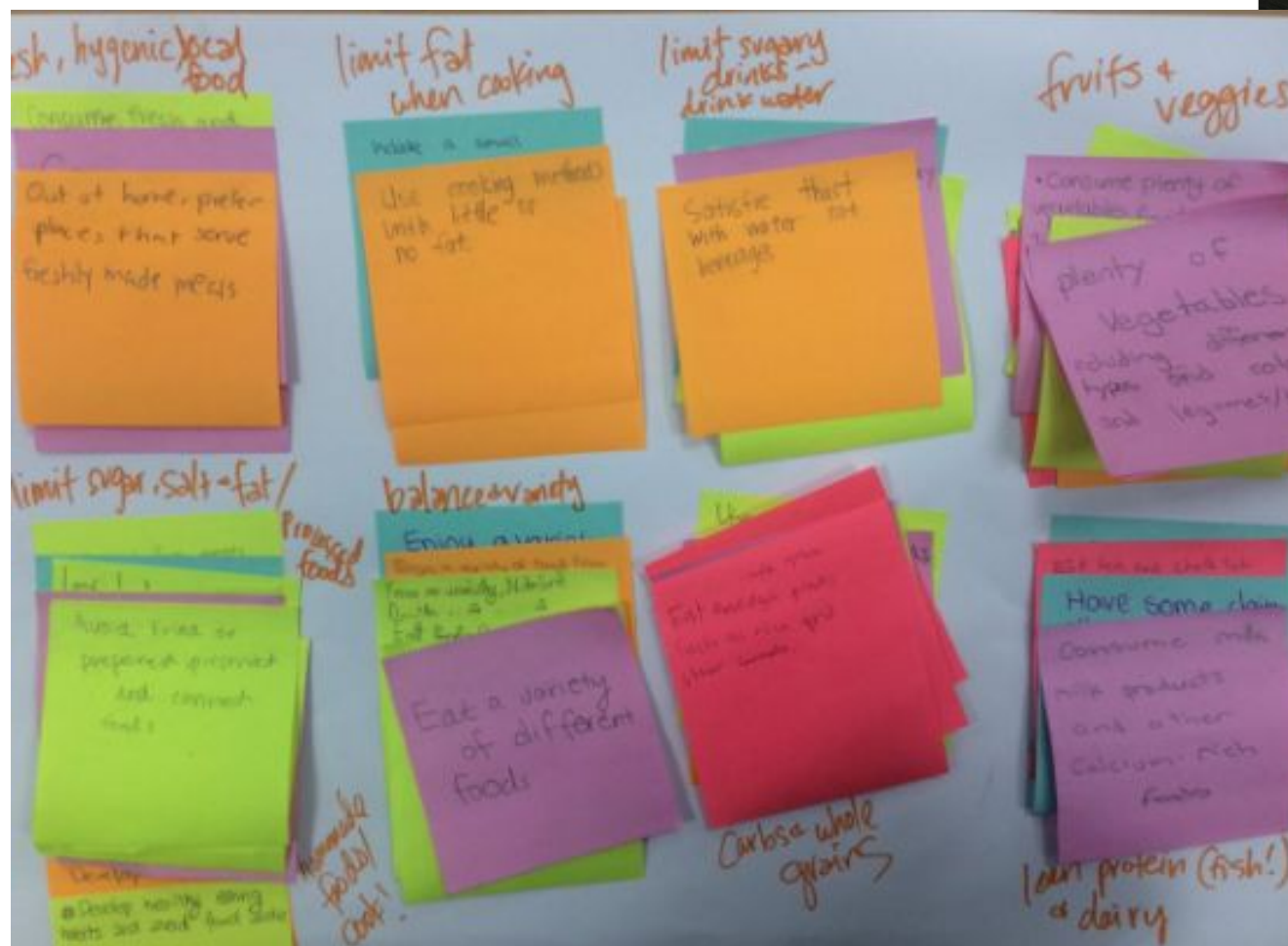


**Tip #3: Make the switch to  
skills-based health ed.**



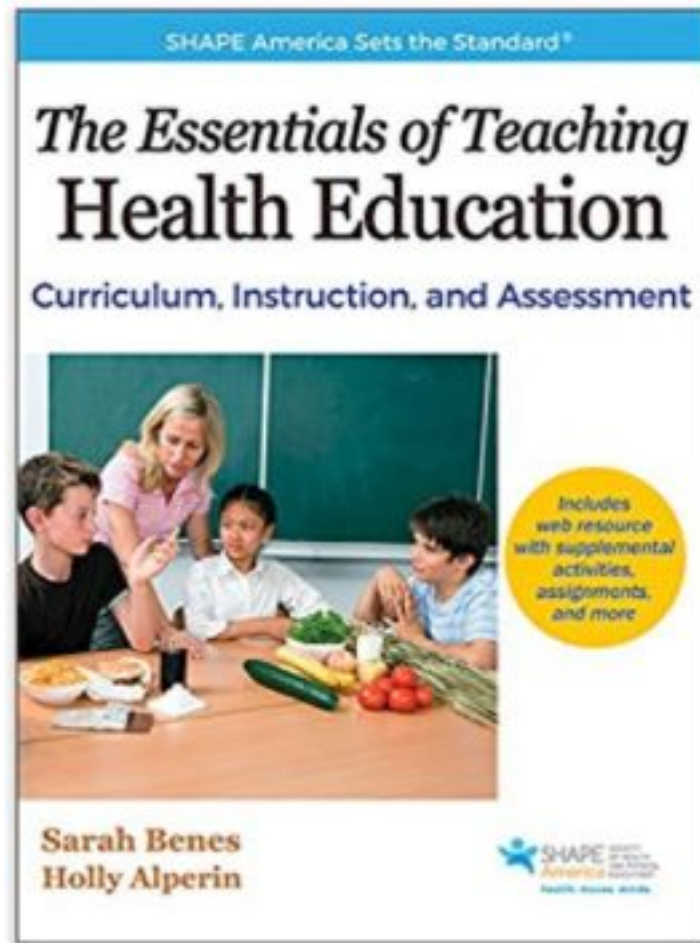
# Skills-based health!

## Resource: What Students Have to Say About Skills-Based Health Ed

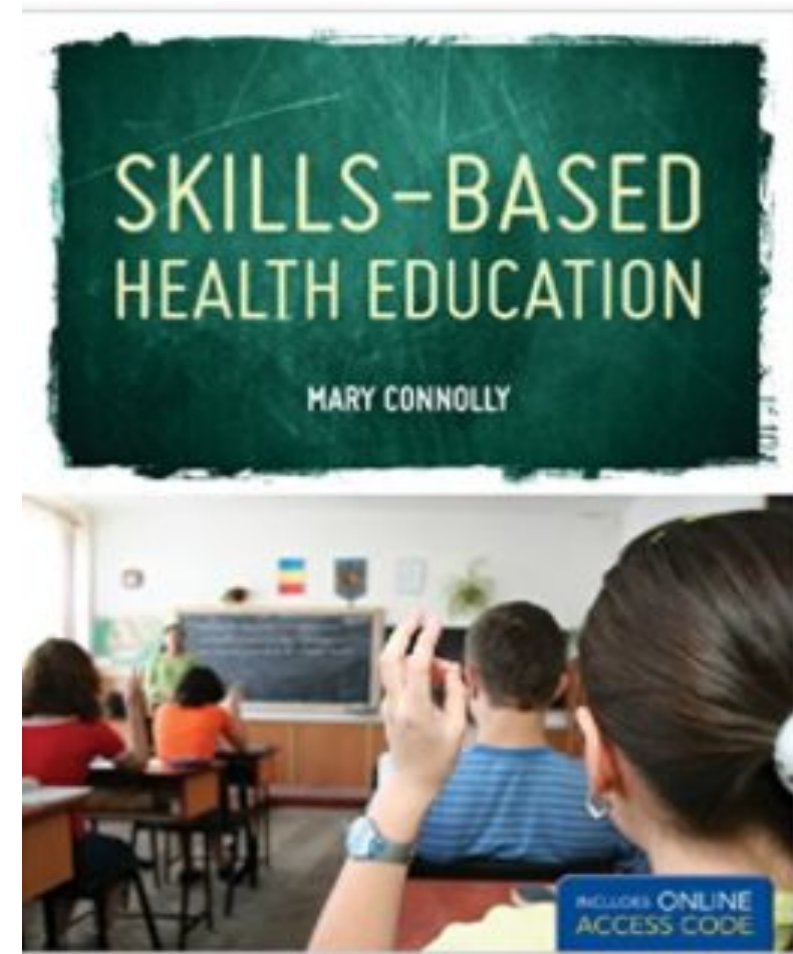


# Skills-based health!

Resource: [Skills-Based Health Education](#) by Mary Connolly



Resource: [The Essentials of Teaching Health Education](#) by Sarah Benes and Holly Alperin





**Tip #4: Stay positive.** Focus on *actionable things students can do to improve health and happiness...* not on scare tactics and fear.



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## **Resource:** Positive Prevention: A New Approach to Health Ed

### The Happy Movie!

The middle school resonated with me most because sometimes when I try to make a joke I don't consider others feeling. In that chapter this person was called gay and a nerd at school. He always would go home and cry for no reason. After watching that I know how bad some people feel when I make a joke about them. I think next time before I make a joke I need to think about what others might feel.

Show Less

Unlike 🤔 8 · Reply





## Scientific practices that increase happiness

- Mindfulness and meditation
- Being with family and friends
- Play and experiencing flow
- Random acts of kindness
- Gratitude lists
- Giving back to the community

**Tip #5:** Always think about the influence of technology- it is no longer a stand-alone issue!

# Analyzing the Influence of Technology on Personal and Family Health

Model a balanced approach- always start positive!

- **Resource:** [Using social media to teach kids advocacy](#)
- **Resource:** [How to deal with teenage trolls](#)
- **Resource:** [Procrastination in the age of distraction](#)

# Analyzing the influence...

## **Resource:** The Infographic Project

Students pick the topic that resonates with them the most and design an infographic to access information, analyze the influence and advocate.





**Tip #6: Don't forget to share!**  
Tap into your network for ideas  
and inspiration, or team up with  
other teachers on campus for  
cross-curricular learning!

## **Resource:** 12 Grab-and-Go Health Project Ideas

1. **Nutrition Around the World**
2. **Cyberbullying**
3. **Sleep Advocacy**
4. **Dietary Guidelines for a Healthy Cafeteria**
5. **Tech Balance, and more!**



**And lastly... reach out if you need  
anything!**

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