



# Health Education

608 Oakland Ave. | Elkhart, IN 46516 | 574-523-2116 | [health.elkhartcounty.com](http://health.elkhartcounty.com)

## HEALTHY HEART SERIES

### **Healthy Heart - Kindergarten**

Healthy Heart is an interactive program that teaches basic information about the heart and how to keep it healthy. Facts about the heart as well as nutrition, exercise and tobacco are discussed. A variety of hands-on activities are integrated in the program including listening to a beating heart and observing a real pig's heart.

### **Exercise - Grade 1**

This program continues building on the concepts introduced in the Healthy Heart program with an emphasis on the benefits of regular exercise. Students will have the opportunity to participate in a variety of activities that will enhance their understanding and enjoyment of physical fitness.

### **Nutrition - Grade 2**

The third session in a series of interactive programs intended to provide students with increasing knowledge to maintain a healthy heart. Basic nutrition concepts including Choose MyPlate (food groups), healthy drink choices and the importance of eating breakfast are introduced.

### **Healthy Lifestyle - Grades 4-12**

Through activities centered on Choose MyPlate, the food label, portion sizes and physical activity students will learn how to develop and maintain a healthy lifestyle.

## SAFETY SERIES



### **Pedestrian/Wheel Safety - Grades K-3**

Program focuses on overall safety guidelines for students engaging in pedestrian and wheel activities. Concepts such as safe methods to cross streets, avoiding danger and traffic rules are covered. The use of helmets and proper safety gear are strongly emphasized, and demonstrations are provided.

### **Home Safety Planning - Grades 3-5**

Whether the students are home alone or there is a natural disaster threatening their safety, this program provides a few simple safety steps students can implement immediately. We will focus on exercising their investigative, creative and communication skills to demonstrate their understanding of emergency preparedness.

### **Poison Safety - Grades K-2**

Students will learn how to identify common household poisons through an interactive program. This program teaches safe behaviors and steps for how to respond in an emergency situation.



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## WELLNESS SERIES

### **Dusty the Dog – Hand Washing and Sickness Prevention - Grades K-1**

This interactive program teaches students the basics of hand washing and sickness prevention. Included in this program is education on health, hygiene, and overall wellness. To facilitate learning, a variety of hands-on activities are integrated throughout, including Dusty the Dog. This includes petting our stuffed “Dusty the Dog,” followed by a black light activity, where children can see how well they wash their hands. This program is a great opportunity for students to learn about basic hygiene techniques.

### **Dental Health - Grades K-1**

The dental health education program will provide students with a basic understanding of how to properly care for their teeth and maintain their oral health as they grow. The education will also prepare them for what to expect when they visit a dental office. This program teaches valuable and applicable dental health concepts and promotes overall healthy behaviors associated with the teeth and body.

### **Personal Hygiene - Grades 4-12**

This program emphasizes the social and health benefits of daily cleanliness from bathing to dental care. It also describes the components of body odor and how hygiene practices reduce or eliminate these elements. Regular hand washing is also emphasized for good health.

### **Puberty/Growth & Development - Grades 4-6**

Puberty is a period of rapid growth and change in a child’s life. These changes can be intimidating and confusing for children to navigate alone. With this in mind, these programs are designed to help educate students on the causes of puberty, what they can expect their body to go through, and how they can prepare for this new period of their lives. Our educators discuss physical and emotional changes with a special emphasis on healthy lifestyle choices that empower students to take control of their unique puberty experience. This program can be gender specific or include information on both genders depending on your needs. New laws put in place by the State of Indiana now dictate that special opt-out rules are followed for all forms of sexual education. Please expect one of our educators to reach out to you to help ensure we remain in compliance with the state.

### **Sexually Transmitted Infection and Sexual Consequences – Grades 5-8**

Our STI and Sexual Consequences program is designed to inform and educate students on the risks associated with engaging in sexual activity. This program discusses healthy boundaries, respectful relationships, the concept of sexually transmitted infections and overviews the most common STI’s found in Elkhart County. Please be aware that the state of Indiana has guidelines for abstinence and contraceptive use that will dictate how our educators deliver the materials. Our educators will contact you after your request is received to discuss the State of Indiana’s new rules regarding these programs. **A stand-alone HIV/AIDS program is available by request.**



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## Healthy Relationships - Grades 5-12

This program focuses on teaching students about appropriate behaviors and interactions within a variety of interpersonal relationships. Characteristics of positive and negative relationships are addressed, along with the effects of social media on relationships.

## Stress Management - Grades 5-12

This program teaches students how to identify the causes of stress and what can be done to reduce stress. The negative effects of stress at school, at home or in their personal lives are also addressed.

## The TRUTH about Tobacco, Electronic Cigarettes & Vaping - Grades 7-12

Smoking rates among Indiana youth in 2022 were the lowest they have ever been. Fewer than 2% of Indiana high school students reported currently smoking (past 30 days) and even fewer Indiana middle school youth reported smoking (0.8%).



According to the 2022 Indiana Youth Tobacco Survey, e-cigarettes remained the most commonly used tobacco product among Hoosier youth as well as youth across the US. In 2022, nearly 1 in 10 or 9.2% of Hoosier high school students and 1 in 50 or 2.2% of Hoosier middle school students reported current use (past 30 days) of an e-cigarette. Even with the decline, e-cigarettes continue to be the preferred product.

This presentation focuses on emerging tobacco products, the health effects of tobacco use, flavored products including menthol, how tobacco products are priced and marketed to teens, and cessation options for youth and their families.

This is Quitting: <https://truthinitiative.org/thisisquitting>

Live Vape Free: <https://www.rallyhealth.com/live-vape-free>

Quit Now Indiana: [www.quitnowindiana.com](http://www.quitnowindiana.com)

## VOICE – ENGAGE, EDUCATE, EMPOWER

*Ages 13-18 Years (Grades 7-12)*



VOICE is Indiana's statewide youth empowerment brand and program, whose initiative is to engage, educate, and empower teens to promote and celebrate tobacco-free lifestyles. Youth will receive free public health, advocacy, and leadership training. They will also be able to develop and lead projects focused on taking down Big Tobacco. It is a great opportunity for young minds to become empowered leaders and activists.

Do you know of any youth interested in amplifying their voices in support of tobacco-free and vape-free lifestyles? Connect with Youth Coordinator: [Econtreras-Padilla@elkhartcounty.com](mailto:Econtreras-Padilla@elkhartcounty.com)

\* Presentations on the VOICE initiative available upon request.

To learn more about VOICE Indiana please visit <https://voiceindiana.org/>