



## Health Education

608 Oakland Ave. | Elkhart, IN 46516 | 574-523-2116

[elkhartcountyhealth.org](http://elkhartcountyhealth.org)

# PROGRAM DESCRIPTIONS

Elkhart County Health Department

## 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.

### **Healthy Heart - Exercise - Grade 1**

As childhood obesity has now been declared a public health epidemic, this program is geared to build on 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.

### **Healthy Heart - 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 3-12**

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



### **Home Alone - Grade 3**

The Home Alone program is designed to provide children 9 years and older with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time. It will help them understand how to prevent problems, handle real-life situations, and keep them safe and constructively occupied.

### **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.

### **Poison Safety – Grades K-2**

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



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### WELLNESS SERIES

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

The 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 4-12**

Child development, especially puberty, is a period of rapid growth and change. This program guides students through the process of exploring the causes of these changes and explains that different rates of growth are normal. Some young people start these changes earlier or later than their friends. Physical and emotional changes are also discussed. **Note:** *Sexually Transmitted Infection (STI) and sexual consequences education programs available by special request.*

#### **HIV/AIDS/Immune System - Grades 5-12**

The program for HIV/AIDS in the middle and high school is a complete review of transmission methods, prevention and the description of how HIV affects the immune system. For elementary grades, the program consists of an in depth discussion of the immune system, its functions and why the system fails when under attack by HIV.

#### **Relationships: Keeping it Positive - 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**

The program teaches how to identify the causes of stress in students and adults 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 Alcohol, Tobacco and other Drugs - Grades 5-12**

This is an interactive presentation designed to help students understand the potential dangers and health risks of using alcohol, tobacco and other drugs (ATOD). The legal aspects are highlighted and resistance skills discussed. The concept of “social norming” (emphasizing that a large majority of youth choose to abstain from ATOD use) will be introduced. This series can be tailored to address specific topics (i.e. e-cigarettes, marijuana, and prescription drugs, etc.).

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