

Florida Department of Education

Comprehensive Health Education Elementary Toolkit

Health education is integral to the primary mission of schools. It provides students with a continuum of learning experiences to develop the knowledge and skills necessary to become successful learners and health literate adults. Health literacy is a fundamental part of the school health education program and is essential to the health and wellness of each student. Health education provides students with the knowledge and skills they need to be healthy throughout their lifetime. The intent of a comprehensive health education program is to motivate students to maintain and improve their social, emotional and physical health, prevent disease and avoid or reduce health related risk behaviors.

Comprehensive health education addresses 12 required component areas for K-12 instruction under section [1003.42](#) (2)(n), Florida statutes.

1. Community health
2. Consumer health
3. Environmental health
4. Family life
5. Injury prevention and safety
6. Internet safety
7. Mental and emotional health
8. Nutrition
9. Personal health
10. Prevention and control of disease
11. Substance use and abuse
12. Teen dating violence (**grades 7 through 12**)

The required concepts may be offered in a traditional health education course. The Florida Department of Education's (FDOE) [Course Directory](#) is a great resource for locating the current course listings. The [CPALMS website](#) is the best resource for the current standards, benchmarks and course descriptions.

The Comprehensive Health Education Elementary Toolkit will assist the classroom teacher, school nurse and others who are responsible for the delivery of health education. The toolkit is an electronic resource for the essentials of health education instruction. Each section highlights the component area and provides a litany of tools, websites, lessons and a variety of information. This document is available at the [FDOE Comprehensive Health Education webpage](#).

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Healthy Schools**

<http://www.fldoe.org/schools/safe-healthy-schools/healthy-schools/comprehensive-health-edu.stml>

Florida Department of Education

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Health Education Component Area	Description	Educator Resources
Community Health	<p>Focuses on individual responsibility; healthy work, school and community environments; community health resources and facilities; community and state agencies; health service careers; safety hazards; community laws and policies related to health issues; data and trends regarding health issues; social marketing and norming; emergency/crisis response plans; community involvement; current issues; trends in medical care; community health planning; private resources (hospitals, clinics and insurance companies); and volunteer resources and organizations (i.e. American Red Cross, American Cancer Society).</p>	<ol style="list-style-type: none"> 1. CDC Healthy Living 2. FDOE Child Human Trafficking Tool Chapter 3. FDOE Gang Resources for Parents and Teachers 4. FDOE Healthy Schools 5. FDOE Safe Schools 6. Five Minutes (or Less) for Health 7. HEADS UP to Youth Sports: Officials Fact Sheet 8. Health & Academics 9. Healthy Meeting Toolkit 10. Let's Go! Healthy Workplaces Toolkit 11. Obesity Resource Toolkit for Healthcare Providers 12. Overcoming Harmful Cultural Norms 13. Poison Prevention 14. Poison Prevention Week Posters 15. Positive Parenting Practices Fact Sheets 16. School Connectedness Fact Sheets 17. School Health Index (SHI) 18. School Wellness Toolkit 19. Safe Routes to School Planning Toolkit 20. Safe Routes to School

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Florida Department of Education

Comprehensive Health Education Elementary Toolkit

Consumer Health	<p>Focuses on being wise consumers of health information, products and services, including understanding the influences of advertising, media and technology; being able to evaluate and make selection and purchasing decisions about health-related products and medical services; consumer protection laws (product labeling); consumer protection agencies; health agencies and organizations; health insurance; quackery; reliable health products and services and knowing what is available and how to be an educated consumer.</p>	<ol style="list-style-type: none"> 1. CDC Food Safety 2. CDC Healthy Living 3. Consumer Health Education 4. Consumer Reports Health Information, Products & Services 5. FDOA Food Allergies in Schools 6. FDOA Food Inspections 7. FDOA Food Safety 8. FDOA Living Healthy in Florida 9. FDOE Healthy Schools 10. Food Allergy Research & Education (FARE): Resources for Schools 11. Food Safety 101 12. Health & Academics 13. Health Literacy 14. U.S. Food and Drug Administration
Environmental Health	<p>Focuses on causes, prevention and control of environmental pollution, including air, water, soil, radiation, noise and solid waste (recycle, reuse and reduce); effects of environment on health (includes understanding the causes of negative environmental factors and their effects on human health); environmental protection agencies; population growth; worldwide health; and individual and group responsibilities in helping to promote a healthy environment; locally and worldwide.</p>	<ol style="list-style-type: none"> 1. EPA Healthy Schools, Healthy Kids 2. Florida Division of Emergency Management for Kids 3. Hurricane Readiness 4. Poison Prevention Week Posters 5. United States Environmental Protection Agency (EPA) 6. USDA Emergency Preparedness and Response 7. Florida Department of Environmental Protection

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Florida Department of Education

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Family Life	<p>Focuses on family structures, roles and responsibilities; gender roles; sexual stereotypes; marriage; divorce; human sexuality education; abstinence; parenting; physical and sexual abuse; building family relationships; child abuse and neglect; the family life cycle; family planning; heredity; and communication skills (verbal, nonverbal and listening).</p>	<ol style="list-style-type: none"> 1. CDC Eat Well Podcast 2. CDC Healthy Living 3. Concussions HEADS UP to Schools: Parents- <u>English</u> or <u>Spanish</u> 4. Essentials for Childhood 5. FDOA Summer Food Service Program 6. FDOE Healthy Schools 7. FDOE Safe Schools 8. FDOE Just For Parents 9. Health & Academics 10. Kids Health 11. Genomics and Health: Heart Disease and Family History 12. National Child Abuse Prevention 13. Parent Engagement Fact Sheets 14. Parents for Healthy Kids 15. Positive Parenting Practices Fact Sheets 16. School Connectedness Fact Sheet for Parents and Families 17. The Dangers Of Social Media Video 18. The Ounce of Prevention Fund of Florida 19. Tips for discussing difficult topics with your children
Injury Prevention/Safety	<p>Focuses on attitudes toward safety; causes of accidents; home and school safety; highway safety, including pedestrian, auto, bicycle, recreation vehicle and school bus; natural and weather related disasters; safety practices that reduce risks of</p>	<ol style="list-style-type: none"> 1. CDC Restrain Yourself Podcast 2. CDC Healthy Living 3. CDC Sun Safety 4. Concussion ABCs: HEADS UP to Schools 5. FDOE Comprehensive Health Education 6. FDOT Alert Today Alive Tomorrow 7. FDOT Florida’s Pedestrian and Bicycle Focused Initiative

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Florida Department of Education

Comprehensive Health Education Elementary Toolkit

Injury Prevention/Safety (continued)	unintentional injuries (e.g., fire, bike, home, weapon and babysitting safety); survival skills; environmental hazards; personal safety precautions, including assault and child abuse and neglect prevention; violence prevention; bullying prevention; internet safety; dating violence; first aid/CPR/AED and emergency health care procedures to follow in case of an injury, health problem, disaster or violence; resources and agencies; safety rules and laws; and intentional injury.	<ol style="list-style-type: none"> 8. HEADS UP Resource Center 9. Kids Health Sun Safety 10. Poison Prevention 11. Poison Prevention Week Posters 12. Safe Youth. Safe Schools 13. Youth Violence Prevention
Internet Safety	Focuses on the knowledge of maximizing the personal safety and security risks while using the internet and the self-protection from computer crime and predators.	<ol style="list-style-type: none"> 1. Cyberbullying Training Video For Teachers 2. FDOE Child Human Trafficking Tool Chapter 3. FDOE Safe Schools Internet Safety 4. Keeping Kids Safer on the Internet 5. NetSmartz Workshop 6. Safe Florida
Mental/Emotional Health	Focuses on human emotions (joy, anger, fear, stress, etc.) and their impact; positive coping skills, including stress management; building self-esteem; positive social relationships; responsible decision making; suicide prevention; other intentional injury prevention; depression and other mental illnesses; and communication skills.	<ol style="list-style-type: none"> 1. CDC Healthy Living 2. Child Behavior Disorders 3. FDOE Safe Schools 4. Learning Disorders 5. Mental and Emotional Fitness 6. National Dissemination Center for Children with Disabilities (NICHCY) 7. National Institute of Mental Health (NIMH) 8. Positive Parenting Practices Fact Sheets 9. FDOE Student Support Services Project- Instructional Support Services

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Florida Department of Education

Comprehensive Health Education Elementary Toolkit

Nutrition	<p>Focuses on the importance of a balanced diet, how food provides energy and nutrients to the body; additives; activity and weight management (energy in/energy out), recommended U.S. dietary guidelines; MyPlate; healthy food choices; reading and understanding food labels (selecting foods low in cholesterol, fat, sugar, salt); safe food preparation and storage; and world food supply.</p>	<ol style="list-style-type: none"> 1. 5210 Poster- ENGLISH and SPANISH 2. CDC Eat Well Podcast 3. CDC Healthy Living 4. Drink Comparison Chart Display 5. Eating Disorders Awareness 6. FDOA Food Allergies in Schools 7. FDOA Living Healthy in Florida 8. FDOA Fresh for Florida Kids 9. FDOA Summer Food Service Program 10. FDOE Healthy Schools 11. FSU Healthy Me Florida 12. Food Allergy Research & Education (FARE): Resources for Schools 13. Fruits & Veggies More Matters 14. Healthy Eating and Academic Achievement Podcast 15. Healthy Eating for a Healthy Weight 16. Let's Go! 5210 K-5 Toolkit 17. KickinNutrition.TV 18. National Nutrition Month 19. Nutrition Facts 20. School Health Guidelines to Promote Healthy Eating and Physical Activity 21. Super Kids Nutrition 22. Tips for Teachers- Promoting Physical Activity and Healthy Eating
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Nutrition (continued)		24. Tools for Schools: Focusing on Smart Snacks 25. USDA Foods Toolkit 26. USDA School Breakfast Program Toolkit
Personal Health	<p>Focuses on personal fitness and lifetime activities; cardiovascular health; personal hygiene (including oral health); vision and hearing; positive health habits and choices (sleep, rest, relaxation, recreation); aging; personal wellness plans; growth and development; and care of human body systems and functions.</p>	1. CDC Healthy Living 2. CDC Healthy Weight 3. Childhood Obesity Facts 4. Dental Health 5. Eating Disorders Awareness 6. FDOA Living Healthy in Florida 7. FDOE Healthy Schools 8. FDOH CHARTS 9. Five Minutes (or Less) for Health 10. Growth and Development 11. HEADS UP Resource Center 12. Healthiest Weight Florida 13. Healthy Teeth
Prevention/ Control of Disease	<p>Focuses on causes, transmission, prevention, early detection, and treatment of chronic and communicable and non-communicable diseases and disorders, including allergies, asthma, diabetes, cancer, cold and flu, and HIV/AIDS; sexually transmitted diseases/infections; immunizations and vaccines; lifestyles and</p>	1. Be Safe in the Sun 2. Birth-18 Years & "Catch-up" Immunization Schedules 3. CDC Asthma Awareness Podcast 4. CDC Avoiding Secondhand Smoke Podcast 5. CDC Save Your Skin Podcast 6. CDC Staying Ahead of Childhood Diseases Podcast 7. CDC Stay Flu Free Podcast 8. CDC Healthy Living

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Comprehensive Health Education Elementary Toolkit

	diseases; eating disorders; community efforts; genetic disorders; neurological diseases; and medical care services.	<ol style="list-style-type: none"> 9. Genomics and Health: Heart Disease and Family History 10. Genomics and Health: Skin Cancer Awareness 11. Head Lice Treatment: Heading Off an Ancient Adversary 12. Poison Prevention 13. Pre-teens Vaccines 14. Stopping the Spread of Germs 15. Vaccines & Immunizations
Substance Use/Abuse	Focuses on the use and misuse of alcohol, tobacco, marijuana and inhalants, prescription and over-the-counter drugs, other illegal drugs (cocaine, methamphetamine, LSD, heroin, etc.); the classification and effects those substances have on the body; addiction; the health problems associated with drug dependence, including formation of habits and their influence; positive decision-making; and individual responsibility. It also includes effects on family members; family roles; risk behavior reduction; refusal and coping skills; societal and legal issues, including consequences; impact of media messages; and community resources.	<ol style="list-style-type: none"> 1. Florida Tobacco Prevention Training for Educators 2. Kids Health: E-Cigarettes 3. Poison Prevention
Teen Dating Violence (TDV)	Focuses on the pattern of behavior that includes physical, emotional, verbal or sexual abuse used by one person in an intimate relationship to exert power and control over another. TDV is generally defined as occurring among individuals between the ages of 13-19 years old.	ONLY in grades 7- 12

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