

# Health Education: A Skills Based Approach

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## **Overview**

The Ohio Department of Education and Buckeye Healthy Schools Alliance are sponsoring a two day health education workshop for middle and high school health teachers. This workshop is set up as two interactive training sessions designed to teach educators to develop curriculum, teaching units and lessons plans that focus on building the critical thinking and decision making skills students need to establish good health behaviors.

This development opportunity is designed as two full-day workshops scheduled 4 months apart. Participants will meet on November 19th, 2010 and learn how to incorporate characteristics of effective health programs into their health curriculum/units/ lesson plans then go back to their classrooms to implement and test these strategies. Participants will come back together on February 11th, 2011 to discuss lessons learned and work through their challenges in the classroom. At the end of the training, participants will be able to:

1. State the goal of skill-based health education
2. Describe the Characteristics of Effective Health Education Curricula
3. Apply the Characteristics of Effective Health Education Curricula to a middle school or high school health class
4. Describe the steps needed to adequately teach and assess a health skill
5. Apply the steps for teaching health skills to middle school or high school students
6. Understand health education theory supporting the focus on health behavior outcomes

**When:** November 19th, 2010 from 9:00 to 5:00 and February 11th, 2011 9:00 to 5:00. **Lunch will be provided.**

**Where:** State Library of Ohio, 274 East 1st Avenue, Suite 100, Columbus, OH 43201-3692

**Who:** The workshop will be facilitated by Dr. Susan Telljohann and Dr. Joseph Dake of the University of Toledo.

**College Credit:** Ashland University will offer one semester hour of graduate credit for completing this workshop and course assignment. The cost for college credit is \$175 and is payable by check to Ashland at the November 19th training.

**Cost:** \$80 to attend (\$80 covers both the November and the February training). Please make POs/checks payable to the Buckeye Healthy Schools Alliance and mail/fax to the address below by November 5th, 2010.

## **Buckeye Healthy Schools Alliance**

Attention: Julie Drumheller

5845 Wheelock Rd

West Milton, Ohio 45383

**Fax:** 937-698-4329

**Note:** Registration closes October 30th, 2010. No cancellations or refunds will be honored after November 10th, 2010. All cancellations are subject to a \$10.00 processing fee.

Click on the link below to complete the registration application.

<http://www.surveymonkey.com/s/QSDPRY2>

Please contact Bridget DeCrane at [bridget.decrane@ode.state.oh.us](mailto:bridget.decrane@ode.state.oh.us) or 614-466-9271, if you have programmatic questions. Please contact Julie Drumheller at [jdrumheller@woh.rr.com](mailto:jdrumheller@woh.rr.com) or 937-698-6735 if you have payment questions.