

<i>Project Stork Inc. Health and Wellness Workshops</i>	
Middle School Health & Wellness	Grade Level
Emotional & Mental Health <i>Lessons address the establishment of practices that promote and protect good emotional and mental health.</i>	6,7,8
Abstinence, Puberty & Personal Health <i>Lesson on ways to maintain overall health and then addresses changes that occur during puberty and encourages students to be sexually abstinent.</i>	6,7,8
HIV, STD & Pregnancy Prevention <i>Lessons encourage abstinence and addresses skills and practices for preventing and reducing the risk of HIV, other STD and unintended pregnancy.</i>	6,7,8

Highlight/circle any appropriate workshop that is of interest within the given topics/grade levels you selected above:

Emotional & Mental Health

The Emotional & Mental Health unit addresses the establishment of practices that promote and protect good emotional and mental health. The unit helps students achieve the following Healthy Behavior Outcomes: • Express feelings in a healthy way. • Engage in activities that are mentally and emotionally healthy. • Prevent and manage emotional stress and anxiety in healthy ways. • Use self-control and impulse-control strategies to promote health. • Get help for troublesome thoughts, feelings or actions for oneself and others. • Show tolerance and acceptance of differences in others. • Establish and maintain healthy relationships.

Together students create rules for respect and trust to make their class a safe and healthy place to learn. They learn how to develop healthy relationships with others, and practice communication skills to strengthen relationships. They learn to express feelings in healthy ways and to get help for troublesome feelings. Students learn about the effects of stress, and develop strategies and skills to prevent and manage stressful situations in their lives. They also learn how to make healthy decisions and how to set goals for improving their emotional health. These activities lay the foundation for good emotional and mental health that will help students value themselves and avoid risky behaviors.

Abstinence, Puberty & Personal Health

The Abstinence, Puberty & Personal Health unit addresses ways to maintain overall health and then addresses changes that occur during puberty and encourages students to be sexually abstinent. The unit helps students achieve the following Healthy Behavior Outcomes: • Practice appropriate hygiene habits. • Get an appropriate amount of sleep and rest. • Prevent vision and hearing loss. • Prevent damage from the sun. • Practice behaviors that prevent infectious diseases. • Practice behaviors that prevent chronic diseases. • Seek out help for common infectious diseases and chronic diseases and conditions. • Establish and maintain healthy relationships. • Be sexually abstinent. • Engage in behaviors that prevent or reduce sexually transmitted disease (STD), including HIV.* • Engage in behaviors that prevent or reduce unintended pregnancy.* • Avoid pressuring others to engage in sexual behaviors. • Support others to avoid or reduce sexual risk behaviors. • Treat others with courtesy and respect without regard to their sexuality. • Use appropriate health services to promote sexual health. *Abstinence only. Other protective behaviors are covered in HIV, STD & Pregnancy Prevention.

This unit begins by teaching students overall health and wellness habits and practices to stay healthy throughout their lives. They practice accessing health information from reliable sources and advocate for their peers to practice healthy habits. Students then review the changes of puberty and the male and female reproductive systems. They discuss the qualities of healthy relationships and appropriate ways to express affection. They identify the benefits of abstinence and analyze influences that can threaten or protect their decision to remain abstinent. They practice planning and communication skills that will protect their abstinence choice.

HIV, STD & Pregnancy Prevention

The HIV, STD & Pregnancy Prevention unit encourages abstinence and addresses skills and practices for preventing and reducing the risk of HIV, other STD and unintended pregnancy. The unit helps students achieve the following Healthy Behavior Outcomes: • Establish and maintain healthy relationships. • Be sexually abstinent. • Engage in behaviors that prevent or reduce sexually transmitted disease (STD), including HIV. • Engage in behaviors that prevent or reduce unintended pregnancy. • Avoid pressuring others to engage in sexual behaviors. • Support others to avoid or reduce sexual risk behaviors. • Treat others with courtesy and respect without regard to their sexuality. • Use appropriate health services to promote sexual health.

Students learn ways to protect their sexual health and prevent pregnancy, HIV and other STD. They develop strategies to build and maintain healthy relationships and reduce sexual stereotyping. They review the negative consequences of risky sexual behavior and practice decision-making and communication skills to protect their sexual health by remaining abstinent or reducing their risk for pregnancy, HIV or other STD. These activities lay the foundation for avoiding unintended pregnancy and preventing the spread of HIV and other STD.