

Best Practices for the Six Areas of Risk

Unintentional injury

Shape America is the society for health and physical educators. This site has the vision of seeing all the children in the nation lead happy, healthy, and physically active lifestyles. This site gives educators reliable information about multiple topics that educators can use in their lessons and curriculums. Shape America is a large organization that believes through effective teaching we can help our students lead healthy lifestyles by developing skills to do so.

This curriculum that I found on bicycle safety is a curriculum I will use when talking about unintentional injury. Bike safety is important for students because if they understand how to ride a bike safely then they will reduce the risk of injury. Teaching students about the safety of bike riding they will know how to manage their behaviors and know safety steps of riding a bike. Using this curriculum, the students will develop self-management skills by learning how to identify how to safely ride a bike to avoid injury. I will incorporate this curriculum into my own curriculum and take the most relevant units to present to my students in a meaningful way.

Advanced Solutions International, Inc. (2014, March). Bicycle Safety Curriculum. Retrieved from https://www.shapeamerica.org/publications/resources/teachingtools/qualitytype/bicycle_curriculum.aspx

Nutrition

Healthy parents is an organization that is backed up by 65,000 pediatricians. This website gives a lot of information that educators can include and use to drive their curriculums. On the healthy children website there is a lot of functional and reliable information about nutrition. This website does not only include information about nutrition it has information about physical activity, and even safety and prevention tips, so this website can be used to find information about other topics.

This web page cited is about nutrition labels and how to read them correctly. It also gives tips to parents for reading food labels and what they mean. I will incorporate this into my curriculum about nutrition so that I can teach my students how to read a food label correctly. This skill is very important for students to have because they will use this skill for the rest of their life. Incorporating this skill into my curriculum will allow students to understand what food labels mean and in my curriculum I will give them time to practice reading food labels in class. To involve parents, I will send out a news letter with this information on it so that parents can also be involved with the curriculum and so that they know what skills their students are learning in my health education class.

Changes to the Nutrition Facts Label: What Parents Need to Know. (2016, June 17). Retrieved from <https://healthychildren.org/English/healthy-living/nutrition/Pages/Front-of-Package-Nutrition-Labels.aspx>

Physical Activity

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This webpage from the Shape America website is about students logging 60 minutes of physical activity a day. This will help me encourage and motivate students to participate in physical activity every day in and out of school. Using this resource, I can teach my students what counts as physical activity and how they can complete at least 60 minutes a day. Informing students about the benefits of engaging in physical activity will help teach students that being physically fit is important. On this webpage, it gives relevant information and ideas about how students can be physically active in school. In my curriculum I will incorporate physical activity into classroom lessons so that students can know of simple ways to be active at school and at home with friends and family.

Comprehensive School Physical Activity Programs: Helping All Students Log 60 Minutes of Physical Activity Each Day. (2013). Retrieved from <https://www.shapeamerica.org/uploads/pdfs/2018/advocacy/position-statements/CSPAP-final.pdf>

Unintentional pregnancy and STDs

Planned parenthood is a very well trusted health care provider. Along with being a health care provider planned parenthood provides information about reproductive health, and they are advocates for reproductive health topics. This health care provider has been established for more than 100 years, and many young and older people use this resource every day. Planned parenthoods goals include educating the community, advocating for reproductive health and rights, and providing the best health care.

The planned parenthood website is a great resource for students to use and guide themselves about pregnancy and STDs. This website offers great facts for students that are easy to comprehend about unintentional pregnancy and STDs. It even has information on health-related topics like depression and diabetes. I will incorporate this into my health curriculum by showing students how to navigate this site because they can use it for more than just learning about STDs. I will use the information from this website to help students understand the consequences of unsafe sex and the potential consequences, and how they can practice safe sex.

Parenthood, P. (n.d.). Safer Sex ("Safe Sex") | Reduce Your Risk of Getting STDs. Retrieved from <https://www.plannedparenthood.org/learn/stds-hiv-safer-sex/safer-sex>

Tobacco Use

The truth website is a great resource for health educators to use. The truth provides educators, students, and parents/guardians with great facts about tobacco and cigarettes. This website gets their facts from credible sources and studies that have been done. On their fact page they list the fact and then under it they put the source from where they got their fact. Each source is a credible and reliable source to receive information about tobacco and cigarettes.

I will use this website in my curriculum to show students facts about tobacco use among students their age. I will use that information to then teach my students interpersonal communication skills to refuse the use of tobacco if they end up in that situation. Using this website, I can also show my students how to get involved. There are a few pages on this website that give educators and students good ideas and ways of how to get involved to stop tobacco use.

#FinishIT. (2018). Retrieved from <https://www.thetruth.com/>

Alcohol and drug use

The National Institute on Drug Abuse is a website that involves educators, students, and parents. This website provides information and activities for everyone that will help them to understand what alcohol and drugs does to your body. The National Institute of Drug Abuse has funded multiple scientific based research studies that helps scientists answer questions about drug trends among certain age groups, understanding how drugs work, and developing and testing new drug treatments. This organization gets all their facts from their research, so it is credible.

For alcohol use I found a toolkit online that teens, teachers, and parents can use. This toolkit can be used by teens to lookup facts about alcohol use among teens, and they can play games and activities to learn about the effects of alcohol on the body. Teens can also use this source

to take polls about alcohol and drug use, and they can watch educational videos about alcohol use. For teachers this resource is great to use in the classroom. This resource provides teachers with activity ideas, and interactive websites that the teacher can go through during class with the students. Teachers can also access state and national statistics about alcohol use among teens, so they can embed that into their curriculum and lessons. Parents can also use this website to find helpful links about talking to their child about alcohol use, and about basic alcohol and drug facts. Handbooks are also available on this website for parents to access.

Alcohol Event Toolkit. (2018). Retrieved from <https://teens.drugabuse.gov/national-drug-alcohol-facts-week/get-activity-ideas/alcohol-event-toolkit>